

From: [Sunset Advisory Commission](#)
To: [Janet Wood](#)
Subject: FW: More Continuing Ed needed in Texas
Date: Friday, December 09, 2016 7:14:27 AM

From: Jill Powell
Sent: Thursday, December 08, 2016 9:15 PM
To: Sunset Advisory Commission
Subject: More Continuing Ed needed in Texas

Thank you for your important job of overseeing the functionality and fairness of the Texas Medical Board.

I'd like to share a little of my family's 6 year health ordeal, and how the lack of education amongst Texas doctors is a true concern for the ongoing health of the population. Our case also supports how imperative it is that the freedom of patients and practitioners to pursue alternative and functional means of treatment be protected.

I was born in Fort Worth and moved to Northeast Texas when I was 8 years old. That next year, we had a tick boom, and our house became infested with ticks. I remember catching them and putting them into jars of turpentine to kill them. I also remember pulling a few off of my skin.

I do not remember having a bull's-eye rash or flu-like illness following these bites. There were some health problems I faced growing up, including muscle weakness/aches, spells of dizziness, fainting, or double vision, scoliosis, hypoglycemic episodes, chronic sinus problems, recurring infections, etc. and was checked multiple times by doctors for these issues with no diagnosis. I also suffered from depression and anxiety, though I didn't seek care or attention of these matters until I was much older.

After the birth of my second child, my health went into a tailspin. I was unable to sleep more than a few hours at night, couldn't balance on my tiptoes, had trouble concentrating/reading/writing, suffered panic and anxiety attacks regularly that were preventing me from living a normal life. I owned my own real estate appraisal business at the time, and eventually had to close it down and stop working due to my inability to keep up. (This being completely unlike me - I was a straight A student in high school and graduated from Texas A&M with a 3.96 GPA.)

During those 2 years, my family suffered. I lost my job and identity. And all the doctors I went to only offered me antidepressants. I was completely brushed off. I literally got to a point where I was suicidal because I could not function as the person I once was, completely unable to control myself or relate to my family and friends.

When my toes started going numb, I tried a chiropractor for the first time in my life. He used an alternative practice of autonomic muscle testing to gauge what foods I might

be intolerant of, what systems in my body were weak, and most interestingly, what infections/conditions I might have. He theorized I might have Grave's disease or Lyme disease. Based on the symptoms I was having at the time, I thought it must be Grave's. We ran blood tests through Lab Corp, and what came back shocked me: I had Lyme disease, as well as several co-infections.

The last 3 years, I've been in various treatments to battle these infections, working with various doctors, naturopaths, and chiropractors - some in Texas and some in Colorado, Virginia, and California. It has cost us THOUSANDS and THOUSANDS of dollars, not only in treatment cost, but in loss of wages and childcare. I could write pages about the different treatments that have been used. While I have seen major improvement in most of my symptoms, especially the cognitive ones, I still struggle with immune dysfunction and adrenal insufficiency, which can be life-threatening. I've become so sensitized to chemicals and indoor mold that I have trouble visiting a lot of older buildings and stores that sell scented products. So even though I am technically in "Lyme remission," I still take upwards of 25 pills a day for maintenance and recovery. My health situation is still so complicated I pay a functional practitioner a yearly concierge fee, so that I can have a doctor that will take the time needed to fully address all my needs.

Now I'd like to move on to a recent scenario in this nightmare I'm living: my son. He is now 7.5 years old and has positive tests for both Lyme and Babesia Duncani. He shows further immune dysfunction by having high titers for strep and mycoplasma pneumonia. (He has never had a sore throat in his life!) While seemingly a normal, functional child, under the surface he suffers from food intolerances, ADD/ADHD symptoms, frequent "flares" involving mood swings, cognitive dysfunction, or hyperactivity, dilated pupils, encephalopathy, muscle weakness, and possible growth issues.

I have taken him out of state to a Lyme specialist, who ran many tests on him this past summer (at an exorbitant cost of family plane tickets, accommodations, and the \$500 doctor visit plus some lab fees). I had to leave the state with him, because I had researched and networked for years and realized there just aren't many options for Lyme treatment in Texas (not good/successful treatment, anyway) and almost ZERO options for children with the condition. Now that I have the positive tests, I am ready to move forward with his treatment.

Now not only is my future on the line, but so is my son's. It is so hard to not be able to trust a "normal" doctor with his care, but honestly I just don't. He doesn't get sick like normal kids... because his immune system isn't working! But most doctors don't understand this, and just glaze over when I mention it. I have literally taken him to at least 9 different pediatricians, trying to find one that seems to think outside the proverbial box.

I've finally found a great doctor here in Austin. She's been voted the top doctor for 3 years in a row by Austin Monthly magazine, and has finished her functional medicine certification pretty recently. I had to wait a year to get in to see her. She is the most knowledgeable, open-minded doctor I've met here. Just this week, I took my son in to

her for a first time consult, armed with all the test results showing his current infection load.

This experience is just a great example of how uneducated Texas doctors are. As she looked at his positive Lyme test, she made several comments on how the positive readings MUST be a cross-reactivity to the Babesia organism. Yet Lyme is a spirochete/bacteria, and Babesia is a protozoan/parasite. She asked where my son had lived his life, and I reported NW Austin. She seemed shocked, saying that we don't live in an area where Lyme is. I told her he has never been bitten by a tick, and that I feel like he probably got infected in utero, and she said no, he must have gotten a tick bite from one my dog brought in.

While I was disappointed with her initial responses, she is willing to call the laboratory, take on his case, and learn more. I am positive that she is smart enough to figure this out, and that she is willing to consult with other doctors to learn what she needs to, and I look forward to another doctor seeing that this disease IS a concern for us native Texans.

Again, I couldn't have made it this far with "regular" doctors. I am so thankful that integrative, functional, and alternative medicine professionals are allowed to practice in our great state, and I appeal you to protect their freedoms, and ours, and allow them to continue learning about cutting-edge technologies and obscure conditions so that those of us who need them will have the best access to them without traveling to other states.

Thank you for your attention!
Jill Powell

From: [Sunset Advisory Commission](#)
To: [Janet Wood](#)
Subject: FW: Public Input Form for Agencies Under Review (Public/After Publication)
Date: Wednesday, November 30, 2016 9:07:56 AM

-----Original Message-----

From: sundrupal@capitol.local [<mailto:sundrupal@capitol.local>]
Sent: Wednesday, November 30, 2016 8:50 AM
To: Sunset Advisory Commission
Subject: Public Input Form for Agencies Under Review (Public/After Publication)

Agency: TEXAS MEDICAL BOARD

First Name: Jill

Last Name: Powell

Title:

Organization you are affiliated with:

Email:

City: Dripping Springs

State: Texas

Your Comments About the Staff Report, Including Recommendations Supported or Opposed: The recommendations look okay to me, though I'm not sure that all issues prevalent in this agency have been addressed.

Any Alternative or New Recommendations on This Agency: I'd like to know if the Sunset Commission is addressing the TMB's lack of fulfillment of their mandate of education for Lyme disease, as outlined in the 2000 Senate Hearings on Lyme and the 2011 Legislation. My family personally has been very disadvantaged in our pursuit of regaining health due to the lack of knowledge prevalent in the doctors in Texas. Continuing education courses should be widely offered and encouraged on this topic.

My Comment Will Be Made Public: I agree