

REVIEW PAPER

LYME Disease: Prevention and Treatment of Recurrent Disease

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Abstract

Introduction: Lyme disease is a multisystem infectious disease caused by the spirochete *Borellia burgdoferi* and transmitted via tick bite.

Aim: This study aims to draw the attention of health professionals and the community about the preventive measures and treatment of Lyme disease.

Methods: Extensive literature search in the electronic database “Pubmed”, “Google Scholar”, the website of the center for Disease Control and Prevention (CDC) and in scientific journals via search engine with the keywords: Lyme disease, symptoms, removal, treatment. There was a time restriction, the last ten years. A key criterion for the selection of articles was English language.

Results: Lyme disease is the most common disease transmitted by ticks in many countries. If not treated immediately may cause serious complications. The diagnosis is based primarily on the presence of erythema migrans, characteristic of the disease. Listed events in the skin, musculoskeletal and central nervous system. The treatment is simple and involves antibiotic therapy. However, a proportion of patients may develop post-treatment Lyme disease syndrome, which makes treatment difficult. Finally, it occurs more frequently in children and in young adults living in rural areas.

Conclusions: Because of the increase of incidents of Lyme disease in many countries of the world, it is vital that the mobilization of both, health professionals and the community to prevent and deal with it. Moreover, deemed necessary and further investigation of the phenomenon.

Key Words: Lyme disease, prevention, removal, symptoms, treatment