

Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to www.pchc.org to see past “Health Bytes”.

Health Byte – May 1, 2018

Did you know Pennsylvania has one of highest incidence rates of Lyme disease in the United States?

Lyme disease can be hard to diagnose because its symptoms are like those of the flu and other illnesses. But if untreated, the infection can spread to joints, the heart, and the nervous system. If you think you may have Lyme disease, contact your physician right away. The sooner treatment begins, the quicker and more complete the recovery.

For more information see:

<https://www.cdc.gov/lyme/resources/brochure/lymediseasebrochure.pdf>