An Act to Ensure Physicians Receive Full Diagnostic Test Data Concerning Tick-borne Diseases

From: Aaron Bolster, Realtor <abolster@alliedrealty.net>
Sent: Wed, Mar 22, 2023 at 9:52 am
To: Aaron Bolster, Realtor

November 2020 my life went from being a completely normal, healthy 19 year old to in about a matter of of several weeks becoming a living nightmare that I never knew could exist. As having no prior serous medical conditions I wasn't prepared for the amount of change I was going to experience. My symptoms within a few short weeks turned into excruciating body pain that was systemic. It affected the muscle and the joint, and it felt like I was permanently stuck with the flu but worse. Along with pain came the stiffness and the weakness; it felt like I had exercised every muscle in my body to the point where it felt so sore and weak it was a struggle to even shower. The mental affects were just as bad as the physical pain in my opinion. It created an alarm system in my body; it felt like it always ringing and never could relax, almost like I didn't have correct access card to be able shut off the alarm. I also experienced cardiac symptoms that increased my heart rate and cause palpitations that would make me feel very uncomfortable . It was the first time I've ever fully been uncomfortable in my own body in every aspect and had no control; if I could have I would have run away from myself and my own body that would be the time. The first few months of my symptoms a lot with the physical symptoms made it hard to sleep as my body was not in state of relaxation so for awhile I was only obtaining 1-3 hours of sleep a night. As months went by with out real answers things got slightly better and then worse again. Throughout this time it has negatively affected my life in numerous ways, but one thing it causes for a lot of people and myself personally is major depression and hopelessness. This diagnosis and disease caused me to view the world in a completely different manner. I am fortunate through time and available resources of my parents I have been able to try different treatments. Typical Lyme protocol is antibiotics that maybe could have saved me through years of agonizing pain but due to testing negative 3 times using a standard western blot it has created chronic issues. Spring of 2022 is when I was finally was diagnosed with Lyme and coinfection of bartonella. I currently am trying treatment beyond antibiotics which is timely due to getting it done in NH and costly. Most Lyme treatments are not covered by insurance and has taken alot of personal resources to get the healthcare I need. Typical doctors had no idea I had Lyme because the testing is flawed. This is creating so many false negatives that are allowing people start experiencing symptoms without a cause. That is probably the most frustrating part is experiencing something that you don't even know is happening to you and not even multiple health professional can give you a right answer. A lot of the times to even get doctored to believe something is wrong with you at all is a struggle without a clear definite diagnosis . It's scary at any age but being so young and previously healthy it was very scary time and is challenging due to my peers never experiencing it. I have to take care of myself and take medication and alot of people my age in college don't have to be so conscious about how they take care of themselves so that can be frustrating that I can't be like everybody else like I used to be. I am currently doing a new treatment and am hopeful for success, but if I could help any one avoid this type of pain I would and getting steps to reform the way doctors read the test is going to positively impact SO MANY patients lives. Lyme is something that if treated initially can have decreased long term affects and would have saved me.

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An Act to Ensure Physicians Receive Full Diagnostic Test Data Concerning Tick-borne Diseases LD 906

From: Aaron Bolster, Realtor <abolster@alliedrealty.net>
Sent: Wed, Mar 22, 2023 at 10:05 am
To: Aaron Bolster, Realtor

It was fall of 2020 and my wife and I was emptying our daughter's apartment of her belongings, moving her back to our Norridgewock home. This meant Logan had officially taken a leaving of absence from Husson University. At the age of 19 years old, she had no energy, was in chronic pain all the time and could not focus on her secondary educational goals. Over the long winter and for many months thereafter, I witnessed my daughter's bright energetic personality go into deep depression. She slept all the time, cried, and was miserable. As a parent, it was a devesating time to experinace a loved one in search of medical answers to find no results explaining the agony. My name is Aaron Bolster and lyme disease has negatively impacted not only my daughter, but my entire family!

The three main reasons why I support LD 906 and why it should have passage:

1. **Unnecessary wild goose chase**, Logan was tested for lyme disease three timess and she was told the results were negative every time. Therefore, you just keep testing, searching for answers, wasting already over worked medical facilitie's energy.

2. **Cost**-Not only did Logan's length of time it took to actually determine she had lyme disease, it was an expense venture. Our family has spent in excess of $25,000 regarding this subjet matter. She had many test procedures, such as a colonoscopy and endoscopy just to name a few that were unnecessary. All the energy, frustration and money was exacerbated! She now has medical injections every 6 weeks in the state of NH because of the damage this disease did to her body being undiagnosed for so long.

3. **Passion for humanity**-If this piece of legislation allows just one person to skip over the most devastating period my family has experienced, it would be a win! This bill would be worth allowing the medial professionals to have all the data to determine if lyme or other tick borne diseases were present in the patient's body or not.

Thank you for time and consideration,

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