Post-Lyme Syndrome, an Emerging Complication of Acute Infection with *Borrelia burgdorferi*

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Timeline of Post-Lyme Syndrome

- A subset of patients, approximately 15-20% of those appropriately treated, develop PLS[1]

Demographics of PLS

- Eight of the 44 patients (18%) were diagnosed with PLS.
- No significant differences in demographics by PLS status.

<table>
<thead>
<tr>
<th>Subscale</th>
<th>PLSS (-) m=36</th>
<th>PLSS (+) m=8</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Functioning</td>
<td>54.6</td>
<td>47.1</td>
<td>&lt;.01*</td>
</tr>
<tr>
<td>Role Physical</td>
<td>55.4</td>
<td>48.6</td>
<td>0.12</td>
</tr>
<tr>
<td>General Health</td>
<td>54.9</td>
<td>48.3</td>
<td>0.11</td>
</tr>
<tr>
<td>Vitality</td>
<td>55.3</td>
<td>56.6</td>
<td>0.64</td>
</tr>
<tr>
<td>Social Functioning</td>
<td>56.9</td>
<td>48.7</td>
<td>0.02*</td>
</tr>
<tr>
<td>Role Emotional</td>
<td>55.9</td>
<td>54.5</td>
<td>&lt;.01*</td>
</tr>
<tr>
<td>Mental Health</td>
<td>55.6</td>
<td>44.4</td>
<td>0.12</td>
</tr>
</tbody>
</table>

Results

Fatigue

- Evaluated by Fatigue Severity Scale (FSS), a 9-item survey; higher scores indicate higher levels of fatigue.
- Those with PLS had higher median FSS scores (32.5 vs. 15.5, p=0.05) than those without PLS.

Depression

- Participants also self-administered the Beck Depression Inventory II (BDI).
- Patients with PLS had significantly higher median scores on the somatic (7.0 vs. 1.0, p=0.01) but not the affective (0.5 vs. 0.0, p=0.22) subscales of the BDI.

SF-36 Quality of Life

- Significant differences by PLS status were found on 5 of the 8 sub-scales of the SF-36, a 36 item survey to assess health-related quality of life.

Prior Life Events

- Evaluated by the Life Events Checklist (LEC), a 17-item survey to assess prior traumatic life events; lower scores reflect a more traumatic history.
- No significant differences between groups were found on median LEC scores (73 vs. 66, p=0.25).
- PLS is associated with significant morbidity and can adversely affect quality of life.