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## Lifespan Lyme Disease Center

# STUDY SUMMARY: LYME PATIENTS REPORT HIGHER QOL OVER TIME THAN GENERAL POPULATION

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The goal of the researchers in this recent longitudinal analysis was to “describe trends in Lyme disease symptoms, laboratory results, and QOL (Quality of Life) to better understand the impact of infection over time, and better inform clinical practices for managing Lyme disease patients”. The study was conducted by the NIH between 2001 and 2014. They found that Lyme patients reported higher QOL over time than the general population.

101 patients participated in the study. During the first interview, they filled out a QOL survey, demographic and clinical data were collected, and preexisting comorbidities (obesity, mental or behavioral conditions, etc.) were self-reported and verified by researchers. Over the years, patients had follow up's where they retook the QOL survey.

In the beginning, the patients scored lower on their QOL surveys than the general population, which is to be expected since they currently had Lyme disease. However, within 2 years, Lyme patients' QOL scores exceeded the national average. The patients who originally had comorbidities reported long term Lyme symptoms 13% more often than those without comorbidities. In addition, patients with comorbidities were 24% more likely PER COMORBIDITY to have low QOL scores. The researchers concluded, “Only pre-existing comorbidities, and not Lyme disease stage or severity, were predicative of having lower QOL scores and long-term symptoms”.

### **Take away message:**

It is important to live a healthy lifestyle regardless of whether you are struggling with Lyme disease or not. We expect that Lyme patients score above the national average in the long run because having the disease has made them more health-conscious. The healthy decisions they made as a result of their illness benefited them in the long run and probably led to lifelong positive behavior changes. This highlights the importance of overall healthy living. Visit our wellness pages for healthy living advice.

To see the original article visit:

<http://www.healio.com/rheumatology/infection/news/online/%7Bc7e19499-c8cb-4ec2-b1f7-e4e45a4772f6%7D/lyme-patients-report-higher-qol-over-time-than-general-population>