



TO: Regional Media
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FOR IMMEDIATE RELEASE

Lyme Action Network Will Host Forum for Patients Battling Chronic Pain

On Saturday, May 14th, the Lyme Action Network will offer a one-of-a-kind, day-long event entitled:

"TAKE BACK YOUR LIFE! STRATEGIES TO HELP CONQUER THE CHRONIC PAIN OF LYME AND OTHER TICK-BORNE DISEASES"

The event will be held at SUNY Adirondack in the Theater from 8:30 AM to 4:30 PM. This forum has been developed for patients who suffer the chronic pain that often accompanies tick-borne illnesses.

"With over 350,000 new cases of Lyme disease occurring each year, there is a large population suffering constant, unrelenting physical pain and stress," explained Chris Fisk, President of the Lyme Action Network. "Stress and pain and illness beget more stress and pain, and it's vital for people to find ways to break the cycle to permit their bodies a chance begin healing. There are many evidence-based strategies, grounded in science, that people can employ to give themselves -- and their over-taxed and over-stressed bodies, some relief and rest

to help facilitate repair. We will be presenting and showcasing a number of these strategies in presentations throughout the day."

The Lyme Action Network has invited a team of experts in various fields to participate as presenters. The presenters, all of whom have professional practices in the region and extensive experience with Lyme disease and other TBD's, will include:



Steven Bock, MD, FAAP, DABMA, DABAAM -- Dr. Bock, an expert on tick-borne diseases and the importance of multi-systemic support in the healing process, will provide basic information about what disease does to the body, and describe some of the modalities he employs to do battle with disease, including physical and energy-based therapies.



Ronald Stram, MD, FACEP - Dr. Stram, founder of the Stram Center for Integrative Medicine in Delmar, will focus on supporting the immune system and building resilience using a suite of supporting and healing modalities while your body is fighting illness.



Sarah LoBisco, ND - Dr. LoBisco is a Doctor of Naturopathic medicine, and specializing in integrative care based upon holistic and conventional medicine. She is an expert in nutraceuticals, essential oils, and medical foods as tools for healing.



Robert S. Fox, OD, FCOVD is a Doctor of Optometry specializing in developmental and rehabilitative optometry. People with chronic illness, particularly children suffering conditions such as Lyme disease, require highly specialized optometric skills. Dr. Fox will explain how chronic illness influences vision, and the therapies he employs to help correct problems.



therapy practice, Dr. Carpenter works with individuals with a broad variety of physical challenges to help bring them to states of improved physical capability and vitality, creating increased avenues for healing. Dr. Carpenter has extensive experience with the unique challenges posed by chronic illness, such as persistent Lyme disease, and she will discuss the role of physical therapy in charting a course to assist the body to heal, and offer tips and strategies for self care.



Marie McMahon, PTA, LMT, CEC - Through her practice as a Licensed Massage Therapist, Ms. McMahon has developed a high level of expertise treating the unique challenges presented by the chronically ill, particularly Lyme patients. The disease/inflammatory process damages tissue, connective tissue, the lymphatic system, and the organs, so great care and specialized attention is required to provide the supportive and restorative treatments that massage therapy can deliver. "Turning down" the volume of the body's nervous system allows the body to relax, which encourages healing. Ms. McMahon will explain how different types of therapies work.

Online registration is available at <http://bit.ly/23A4As9> . The cost is \$10 online without lunch, \$20 with pre-ordered lunch. Registration at the door is \$15 with no lunch option.

For more information, contact info@lymeactionnetwork.org.

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