The International Lyme and Associated Diseases Society (ILADS) held their 10th Annual Scientific Lyme Disease Conference, **21st Century Lyme Disease Treatment**, Saturday and Sunday, October 24-25, 2009 at the Gaylord National Convention Center in National Harbor, Maryland. This conference was targeted toward ILADS members including MDs, DOs, NDs, DMD, DWM, PhDs, RNs, NPs, PAs, LCSW and select alternative medicine providers and offered 10CME credits to those who qualified. Lyme advocates were encouraged to attend, as space permitted.

The objectives were to 1) Recognize the complexities of Lyme and associated diseases; 2) Understand testing; 3) Analyze the evidence; 4) Discuss treatment innovations; 5) Understand the need for more dialogue and collaboration between researchers and practitioners.

On Saturday, October 24, ILADS President and keynote speaker Dr. Daniel Cameron opened the meeting with his discussion, the 21st Century ILADS. Dr. Elizabeth Maloney followed with her excellent presentation, *Evidence Supporting the Use of Clinical Judgment in Lyme Disease. Neuropsychological Misdiagnoses and Academic Workplace Accommodations* was the important topic focused upon by Dr. Leo J. Shea, who presented next.

Excellent and informative breakout sessions were held on Saturday, both midmorning and later in the afternoon, as well as on Sunday. There were six categories of workshops for attendees to choose from, and several discussions were held at different times in each category. Conference attendees could choose from breakout sessions that highlighted 1) the Nuts and Bolts of Treating Lyme Disease and Advanced Topics; 2) Case Discussions; 3) Integrative Treatment of Lyme Complex; 4) The Brain and Tick-Borne Diseases; 5) Emerging Topics; and 6) Research and Evidence Based Medicine.

During the *Nuts and Bolts of Treating Lyme Disease* workshop sessions, Dr. Joseph J. Burrascano, Jr. gave excellent lectures on treating classic Lyme and other tick-borne diseases. Dr. Richard Horowitz presented an informative discussion about co-infections and Lyme, which also covered diagnosing, testing and treating. Both doctors did a great job in addressing treatment options for some of the tougher cases.
The Case Discussions workshop included reviews of neurology and rheumatology cases with Marilyn Boehm, MD, PhD, and David Younger, MD; and Andrea Gaito, MD, Leila Zackrison, MD and Keri Topouzian, DO, respectively. In the afternoon, Dr. Ken Liegner and Aparna Taylor, ND, and Anne Mears, MSN, discussed the important topic, *M.S. vs. Lyme Disease*. Doctors Betty Maloney, Shawn Naylor and Alfonse Campo discussed neuropathy cases. Ann Corson, MD, and Maureen McShane, MD, gave a lecture on pediatrics that was featured on Sunday.

*Integrative Treatment* was the topic during breakout sessions with Steven Bock, MD, and Wayne Anderson, ND. They offered several lectures including an *Introduction to Integrative Medicine Complex*, during which Dr. Bock concentrated on human homeostasis and gave excellent ideas in helping patients to recover. Presentations about *Neurotoxins and Lyme disease*, and *Case Discussions* were also given, as well as an excellent discussion involving heavy metals by Dr. Paul Beals on Sunday.

In *The Brain and Tick-Borne Diseases* workshop breakouts, Dr. Robert Bransfield held a session on *Brain Functioning and TBD* while Sandy Berenbaum, LCSW, BCW offered an important discussion called, *Children with Lyme Disease: Educational Impact/Finding Solutions*. Dr. Leo Shea focused on *Lyme Disease and the Family*. Bernard Raxlen, MD, and Sheila Statlender, PhD, talked about the role of the psychotherapist in the patient's treatment team. Dr. Virginia Sherr covered *Lyme and Co-Infections as a Brain and Behavior Disease*, while Joseph Trunzo, PhD, and Judith G. Leventhal, PhD, discussed cognitive dysfunction in adults and children with Lyme disease.
and Co-infections. David Berg, MS, discussed *Coagulation Issues in Lyme Disease* and a Tick Analysis Study was presented by Ahmed Kilani, PhD. Diane Wilcox, PhD, provided insight about the *Impact of Chronic Lyme Disease on Workplace Performance*, according to a recent survey. On Sunday in this category, lectures were given by Raphael Stricker, MD regarding proposed *Case Definitions* and Ginger Savely, MSN, DNP, reviewed the controversial *Morgellon’s Disease*.

The sixth workshop sessions were devoted to the discussion of *Research and Evidence Based Medicine* and were led by Dr. Daniel Cameron, current President of ILADS. Topics ranged from the IDSA and ILADS hearing review to the drafting of both the next *ILADS Treatment Guidelines* and a Chronic LD recommendation. On Saturday and Sunday, open mike sessions were held in order for scientists and physicians to present their ideas about new, cutting edge research projects every hour. These workshop sessions included speakers Robert C. Bransfield, MD; Allison DeLong, MS; Christine Green, MD; Lorraine B. Johnson, JD, MDA; Cheryl Koopman, PhD; Kenneth Liegner, MD; Elizabeth Maloney, MD; Raphael B. Stricker, MD; Leila Zackrison, MD; Joseph Trunzo, PhD; Eva Sapi, PhD; Samuel Shor, MD; and Stephen Firsing, III, SL, MPA-MA.

After lunch on Saturday, Dr. Sarah Chissell from Great Britain gave an important Physicians’ Training Program lecture entitled, *Lyme in Pregnancy*. Much of the scientific evidence documenting transplacental transmission of *Borrelia burgdorferi* was presented. This was followed by a fascinating discussion about Chronic Fatigue and Lyme disease by Dr. Samuel Shor.

After a brief question and answer period, another breakout session began. Some presentations of the morning workshops were repeated, so if you couldn’t choose between one and another, there was an opportunity to attend a repeat lecture at a different time.

Vendors and sponsors displayed brochures and information at booths in the convention hall. At the end of the afternoon on Saturday, a reception was held for all participants and attendees.

On Sunday morning, keynote speaker and ILADS President-elect Dr. Robert C. Bransfield gave a lecture about Lyme disease and Autism. This was followed by the presentation of a research project called *Spatial Analysis of Environmental Factors Related to Lyme Disease in Alabama by Means of NASA Earth Observation Systems* by Stephen Firsing and Nathan Renneboog; along with Dr. Elizabeth Maloney. Dr. David Martz then spoke about *Chronic Lyme in Rural Colorado*.

The material covered during the ILADS conferences is so important for healthcare providers who work to treat the very complex and often hard to diagnose Lyme and other tick-borne diseases. Years of scientific research and direct treatment experience have been evaluated in making recommendations to medical professionals interested in learning how best to treat these serious, sometimes chronic, and often debilitating infections. By gaining more understanding of these illnesses, medical practitioners can use all the latest scientific data to apply new treatment methods that advance TBD patient care.

The 2009 ILADS conference was well-organized and thorough. We at the Georgia Lyme Disease Association believe that every healthcare professional, researcher and Lyme disease patient advocate benefits greatly by attending the annual Lyme and Tick-borne disease conferences. We hope to see more medical providers from the Southeast participate in the future and we look forward to the 2010 programs.