

## **Babesiosis and other Tick-borne diseases are on the rise in the Northeast**



A rare tick-borne disease is on the rise in the northeastern United States, according to a new report from the Centers for Disease Control and Prevention. Cases of babesiosis rose by 25% from 2011 to 2019, causing the CDC to add three states — Vermont, Maine and New Hampshire — to the list of those where the illness is considered endemic.

In the most extreme cases, babesiosis can be fatal, especially among those who are immunocompromised, the CDC says. The disease can also come with life-threatening complications, including low platelet counts, renal failure in the kidneys, or respiratory distress syndrome.

Although cases of babesiosis are on the rise, the disease is still relatively rare, with states reported more than 1,800 cases of babesiosis per year to the CDC between 2011 and 2019. Compare that to the most common tick-borne affliction, Lyme disease: The CDC says it receives 30,000 Lyme case reports each year.

For both diseases, the actual number of cases is likely much higher, the CDC says, because **data is reported on a state-by-state basis and procedures vary. Ten states, for example, don't require babesiosis to be reported at all.**

### **Where is it spreading?**

Among the states that do require reporting, eight saw significant increases in case numbers from 2011 to 2019, according to the CDC's first comprehensive national surveillance on babesiosis. In three states - Vermont, Maine and New Hampshire - case numbers increased so much that the CDC says babesiosis should be considered endemic. Increases also were noted in states where the disease already was endemic: Massachusetts, New Jersey, New York, Connecticut and Rhode Island. The CDC did not give an explicit reason for the rise in babesiosis cases, but state programs that track cases of tick-borne illnesses have said that milder winters might be behind rising infection numbers, as they allow ticks to stay active year-round.

## Malaria-Like Disease Follows Lyme's Path In New England

In the long-term, an expansion of babesiosis could impact the blood supply, says the CDC. The agency says that the parasite can be transmitted via a blood transfusion, and that those who contract the disease through contaminated blood have "significantly worse health outcomes." The Food and Drug Administration already recommends screening for the parasite at blood donation centers in the 14 states with the most cases, as well as in Washington, D.C.

### What can I do to prevent contracting babesiosis?

In general, the best way to avoid the Babesia parasite is to avoid black-legged ticks. Which is to say: Avoid tick encounters altogether.

**\*East End Pest recommends a monthly Tick Control program with a spray interval of April through September.**

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By  
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As Spring approaches and we start preparing for outdoor activities once again, one of the most important steps you can take to protect your family is to minimize the threat of ticks and tick-borne illnesses with our monthly tick spray service programs.

*The most active time of the year for ticks is early Spring and again in the Fall.*

*However, a tick bite is possible at any time in between.*

From April to November adult Ticks may be found waiting on vegetation from ground level to as much as 18 inches high, for a suitable host to latch onto.



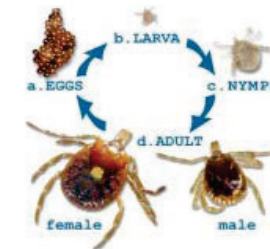
*Ticks are commonly trafficked into our yards by rodents, deer, raccoon, and birds.*



**Dog Tick**

**Deer Tick**

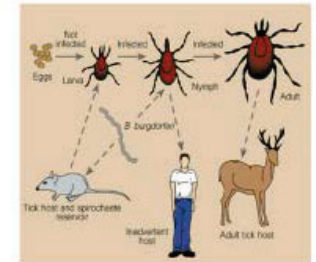
**Lone Star Tick**



Ticks require blood which contains a protein that is crucial in their development. The Tick passes through four life stages (egg, Larva, Nymph, and Adult) over a period of two years. All life stages besides egg must take a blood meal to develop and the adult female must feed to mature the eggs.

With cases of Lyme and other debilitating tick born disease on the rise, control is a necessity.

"In eastern North America, the host most likely to transmit an infection to a feeding tick is the white-footed mouse (*Peromyscus leucopus*), which infects between 40% and 90% of feeding larvae." caryinstitute.org



Call East End Pest Management **631-259-9025** today to arrange services for Tick or Tick and Mosquito Control.