



NEWS RELEASE

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October is Prime Time for Tick Bites

Resources help Mainers plan for safe outdoor activities

PORTLAND, Maine — Lyme disease researchers at the Maine Medical Center Research Institute (MMCRI) want to alert the public that the peak of adult deer tick season occurs in October – on average, half or more ticks may be infected with the Lyme bacterium, and with other disease pathogens as well. It has been estimated that as many as 13,000 people contracted Lyme disease in Maine in 2014.

“The great outdoors is what Maine is all about. Just remember to always do your tick check,” said Dr. Peter Rand, senior investigator at the MMCRI Vector-borne Disease Lab.

This time of year, with dog ticks in hibernation, any tick found in southern Maine will almost certainly be a deer tick. Feeding ticks should be removed immediately. Advice specific to Maine and Mainers can be found on the MMCRI “Tick Lab” website at www.ticksinmaine.com launched last summer, based on the lab’s 26 years of research on ticks, their hosts, habitats, and disease transmission. Information is also available on the University of Maine Cooperative Extension at extension.umaine.edu/ipm/tickid/.

About Maine Medical Center

Maine Medical Center (MMC), recognized as the number-one ranked hospital in Maine by *U.S. News and World Report for 2015-2016*, is a complete health care resource for the people of Greater Portland and the entire state, as well as northern New England. Incorporated in 1864, MMC is the state's largest medical center, licensed for 637 beds and employing nearly 6,500 people. MMC's unique role as both a community hospital and a referral center requires an unparalleled depth and breadth of services, including an active educational program and a world-class biomedical research center. As a nonprofit institution, Maine Medical Center provides nearly 23 percent of all the charity care delivered in Maine. MMC is a member of the MaineHealth system, a growing family of health care services in northern New England. For more information, visit www.mmc.org.

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