

ONE DAY AT A TIME

POST POLIO UPDATE

IT IS IMPORTANT FOR PATIENTS WITH POST POLIO SYNDROME TO BE SCREENED FOR OSTEOPOROSIS, SCOLIOSIS AND OSTEOARTHRITIS. THE THERAPY FOR THESE CONDITIONS INCLUDE FREQUENT REST PERIODS, ASSISTIVE DEVICES AND WAYS TO BREATHE TO CONSERVE ENERGY.

IF YOU CAN'T EXERCISE, IT TAKES LONGER TO **“RECHARGE YOUR BATTERIES”**. THE REALITY IS THAT IT IS IMPORTANT TO BE POSITIVE, A GOOD ATTITUDE IS ESSENTIAL. YOU NEED TO ACCEPT THAT YOU ARE NO LONGER WHAT YOU USED TO BE. **JUST ASK ME!** USING AN ASSISTIVE DEVICE IS A SMARTER WAY TO DEAL WITH ILLNESS, IT IS NOT GIVING IN TO THE ILLNESS. **BE A SURVIVOR!** IT IS IMPORTANT TO AVOID FALLS, GET ENOUGH SLEEP AND PROTECT YOUR LUNGS AS MUCH AS YOU CAN, BECAUSE YOU WILL LOOSE BREATHING ABILITY, BELIEVE ME. I KNOW I HAVE LOST ABOUT HALF OF MINE.

THE CAUSE OF POST POLIO SYNDROME IS NERVE DEGENERATION DUE TO THE POLIO VIRUS HIDING IN THE ANTERIOR HORN CELLS AND THEY NEVER DID DIE, AND NOW HAVE COME BACK TO HAUNT US.

AS POST POLIO SYNDROME PROGRESSES, THE VIRUS ATTACKS NERVES THAT WERE NOT PREVIOUSLY AFFECTED BY THE DISEASE RESULTING IN FURTHER WEAKNESS. **PPS HAS A SLOW AND PROGRESSIVE COURSE.**

IT CANNOT BE PREVENTED ONCE IT STARTS. I KNOW BECAUSE I HAVE BEEN GOING DOWN HILL SINCE THE LATE 1980'S.

WE MUST ALWAYS LOOK FORWARD TO GAINING KNOWLEDGE ABOUT OUR POST POLIO SYNDROME PROBLEMS AND HOPE AND PRAY THAT WE WILL STILL KEEP SOME MOBILITY IN OUR GOLDEN YEARS UNTIL WE WALK WITH THE LORD. AMEN.

JACK