

ONE DAY AT A TIME

SO, YA GOT POLIO

THE MAIN CONCERN AFTER RECOVERING FROM POLIO IS GETTING POST POLIO SYNDROME. (PPS) POST POLIO SYNDROME AFFECTS 75% OF POLIO SURVIVORS IN THE UNITED STATES ANYWHERE FROM 30 TO 40 YEARS AFTER RECOVERY FROM POLIO. PPS IS DUE TO THE OVERWORKED SPINAL NERVE CELLS THAT REMAIN AFTER THE POLIO IS GONE. TREATMENT FOR PPS INCLUDES ASPRIN, NON-STEROIDAL ANTI-INFLAMMATORY DRUGS AND OCCUPATIONAL OR PHYSICAL THERAPY TO REDUCE MUSCLE FATIGUE. ALSO EXERCISE, SUCH AS SWIMMING AND WATER AEROBICS CAN HELP THOSE WHO DEVELOP POST POLIO SYNDROME. MANY POLIO SURVIVORS ALSO FIND SUPPORT GROUPS R VERY HELPFUL SHARING PROBLEMS.

AND WOULD YOU BELIEVE THAT TODAY I JUST FOUND OUT, (BECAUSE I HAVE BEEN IN DENIAL FOR SO LONG) THAT I CANNOT GET PHYSICAL THERAPY ON MY LEGS BECAUSE MY POLIO IS A PRE-EXISTING CONDITION??. THEY DO NOT UNDERSTAND THAT POST-POLIO SYNDROME IS A NEW PROBLEM.