

# ONE DAY AT A TIME

## UPDATE ON POST-POLIO SYNDROME

POST - POLIO SYNDROME (**PPS**) REFERS TO THE CLINICAL DETERIORATION EXPERIENCED BY MANY POLIO SURVIVORS SEVERAL DECADES AFTER THEIR ACUTE ILLNESS. THE SYMPTOMS ARE NEW MUSCLE WEAKNESS, DECREASED MUSCLE ENDURANCE, FATIGUE, MUSCLE PAIN, JOINT PAIN, COLD INTOLERANCE, (I GET A LOT OF THAT), AND OF COURSE ALL THE OTHER SYMPTOMS OF OLD AGE. THE PATHOPHYSIOLOGY BEHIND PPS IS NOT FULLY UNDERSTOOD BY SOME, BUT JUST ASK ANY OF US SURVIVORS AND WE WILL EXPLAIN IT TO YOU, REAL EASY. THERE IS NO DIAGNOSTIC TEST FOR PPS, AND THE DIAGNOSIS WILL COME AFTER EVERYTHING ELSE HAS BEEN RULED OUT BY CLINICAL DOCTORS.

THE BASIC PRINCIPLE OF MANAGEMENT OF PPS LIES IN PHYSICAL ACTIVITY, (*the hardest thing for us as survivors to do, right?*) INDIVIDUALLY TAILORED TRAINING PROGRAMS, AND LIFESTYLE MODIFICATION. MUSCLE PAIN MAY BE HELPED WITH SPECIAL TRAINING PROGRAMS, IN WHICH TRAINING IN WARM WATER SEEMS TO BE PARTICULARLY HELPFUL.

**PHARMACOLOGIC AGENTS LIKE PREDNISONE, AMANTADINE, COENZYME Q10 AND PYRIDOSTIGIMINE ARE OF NO BENEFIT TO POST-POLIO SYN.**

**INTRAVENOUS IMMUNOGLOBULIN HAS BEEN TRIED WITH POSITIVE RESULTS TO 100'S OF SURVIVORS IN SWEDEN. UNFORTUNATELY, IV GAMMA GLOBULIN IS VERY EXPENSIVE, AND NO RESEARCH HAS BEEN DONE IN THE USA.**

**FOR THE LAST 20 YEARS, WITH THE LOSS OF MORE AND MORE OF MY MOBILITY, I HAVE TRIED TO LEAD THE FACILITATING OF A BETTER QUALITY OF LIFE FOR PEOPLE WITH DISABILITIES AND HANDICAPS. IT IS THROUGH IMPROVED AWARENESS, INCREASED ACCEPTANCE AND BETTER INNOVATIONS, THAT PEOPLE LIKE MYSELF CAN LIVE AND IMPROVE THEIR LIVES..**