ONE DAY AT A TIME

WHAT IS POST-POLIO??

POST-POLIO SYNDROME (PPS) IS A CONDITION THAT AFFECTS POLIO SURVIVOR'S YEARS AFTER RECOVERY FROM AN INITIAL ACUTE ATTACK OF THE POLIOMYELITIS VIRUS. AND IT SURE TAKES YOU DOWN HILL WITH THE LOSS OF MOBILITY, THIS I KNOW FOR SURE.

POST-POLIO SYNDROME IS MAINLY CHARACTERIZED BY NEW WEAKENING IN MUSCLES THAT WERE PREVIOUSLY AFFECTED BY THE POLIO INFECTION AND IN MUSCLES THAT SEEMINGLY WERE UNAFFECTED.

SYMPTOMS INCLUDE SLOWLY PROGRESSIVE MUSCLE WEAKNESS, UNACCUSTOMED FATIGUE (BOTH GENERALIZED AND MUSCULAR) AND, AT TIMES, MUSCLE ATROPHY. PAIN FROM JOINT DEGENERATION AND INCREASING SKELETAL DEFORMITIES SUCH AS SCOLIOSIS. SOME SURVIVORS EXPERIENCE ONLY MINOR SYMPTOMS, AND OTHERS WILL DEVELOP VISIBLE MUSCLE ATROPHY, OR WASTING, LIKE ME.

FOR THE BODY TO FUNCTION COMFORTABLE WE MUST TRY TO GET RID OF THE PAIN. MOST OF THE TIME I IGNORE MY PAIN AND JUST LIVE WITH IT. ONCE YOU GOT IT MASTERED I CAN MOVE ON TO OTHER ISSUES. **IT'S A GREAT LIFE IF YOU DON'T WEAKEN.**

IT'S THROUGH ACCEPTANCE I FIND PEACE.
OKAY, I HAVE POST-POLIO SYNDROME, SO WHAT. I HAD POLIO AS A KID AND I HAVE IT NOW. I DEALT WITH IT THEN AND I CAN DEAL WITH IT NOW. AS I LOOK BACK ON MY LIFE I CAN SEE HOW EVERYTHING ALL CAME TOGETHER, HOW A POWER LARGER THEN I HELPED ME THROUGH IT AND I DON'T NEED TO BE AFRAID ANYMORE. I CAN NOW UNDERSTAND AND ACCEPT THAT THIS IS A TEMPORARY LESSON NEEDED TO LEARN FOR MY SOUL'S EDIFICATION AND THAT I AM BLESSED.

FIVE SIMPLE RULES TO BE HAPPY
FREE YOUR HEART FROM HATRED. LIVE SIMPLY
FREE YOUR MIND FROM WORRIES. GIVE MORE. EXPECT LESS.

Written by Jack Briggs (1933 – 2016)