

The at-risk population of Post Polio victims in Wisconsin is estimated to be 20,000 based on the number of documented cases of Polio prior to 1955.

Due to their goal of world-wide Polio eradication, Rotarians are committed to advancing the awareness of PPS victims and their needs.



If you know Rotary members, physicians, or other caregivers, please ask them what you can do to inform more people about Post Polio syndrome.

**To Physicians, Nurses,
Occupational Therapists,
Chiropractors and Dentists**

To all of you who
provide health services —

**PLEASE HELP IDENTIFY THOSE WHO
SUFFER FROM THE DEVASTATING
EFFECTS OF POST POLIO SYNDROME
AND GIVE THEM YOUR ATTENTION
AND UNDERSTANDING.**

BOB

contracted Polio in 1954 at age 29. His right arm was paralyzed. However, he played golf and led an active life until 2010 when he noticed increased weakness in his legs. After reading his wife's edition of The Rotarian — September 2010, he was inspired by Kate Nolan's article, "Polio's Second Act." Bob is on his feet again and NOT in a wheelchair. Along with others, he is sending the message that Post Polio Syndrome does indeed exist.

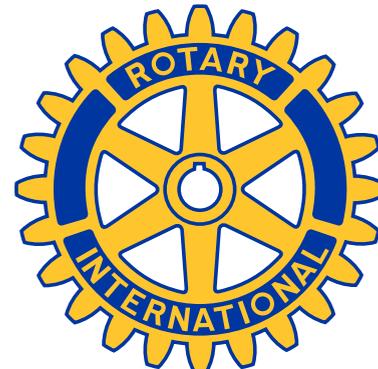
This message brought to you by
the Rotary Club of
Stevens Point, Wisconsin
District 6220

Meetings held on
Wednesdays at 12:00 at the
Stevens Point Country Club.
Visitors are always welcome!

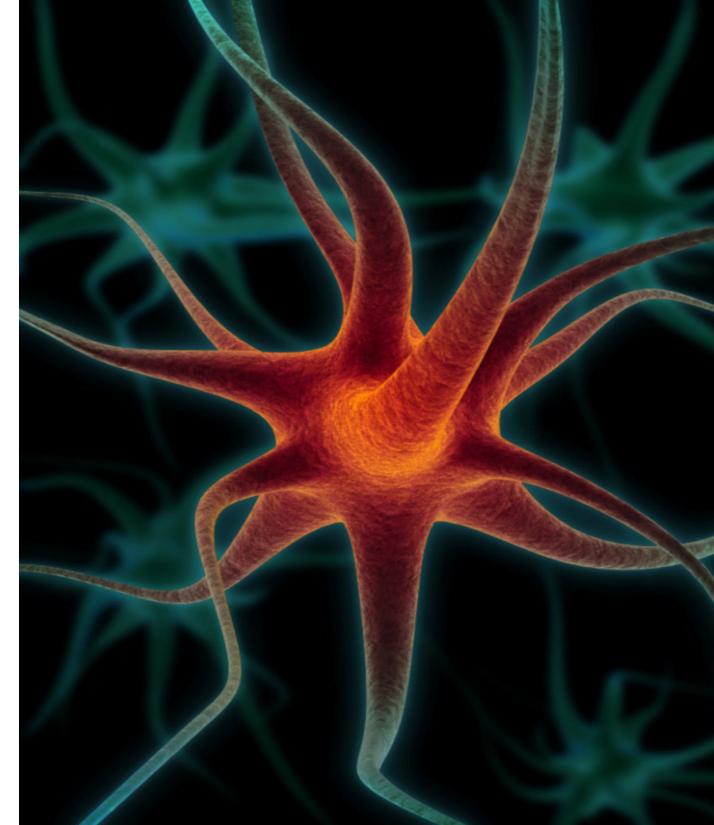


For more information,
please visit:
www.stevenspointrotary.org

Or contact us at:
rotarystevenspoint@gmail.com



POST POLIO SYNDROME



**THE
POTENTIALLY
CRIPPLING
AFTERMATH
OF POLIO**

POLIO

Or poliomyelitis, is an infectious viral disease that can strike at any age, causing a spectrum of neuromuscular deficits.

Between the late 1940's and early 1950's, polio crippled over 35,000 people annually in the United States alone, making it *one of the most feared diseases of the twentieth century.*

Polio has been eradicated from the U.S. population since the introduction of the polio vaccine in 1955. In 1988 there were still 125 polio-endemic countries. As of February 2012, Afghanistan, Nigeria and Pakistan have yet to achieve polio eradication.



Daniel

who had Polio at age five, the first sign of Post-Polio Syndrome came in the mid-1980's when he could not lift his right foot off the gas pedal. Even walking caused great muscle pain. He is now dependent on a walker and cane.

"I live with the knowledge that I can't trust my body anymore."

HAVE YOU EVER HAD POLIO?

Health care providers **MUST** ask patients 57 years of age and older who present with following symptoms:

- **Noticeable Fatigue**
- **Decreased Mobility**
- **Muscle pain in areas previously affected by Polio**
- **Progressive Weakness**
- **Muscle Atrophy**
- **Difficulty Swallowing**
- **Cold Intolerance**
- **Respiratory Problems**
- **Sleep Disturbances**

POST POLIO SYNDROME

appears to be related to the degeneration of individual nerve endings in Polio survivors. The Polio virus has attacked and in some cases destroyed parts of the brain stem and spinal cord of these victims. Polio survivors have often regained lost strength after the acute phase of the infection due to the formation of new nerve endings going to muscles. However, years of high use have added stress to and the ultimate deterioration of the regenerated nerve endings leading to loss of muscle strength... again.

Post-Polio Syndrome DEVELOPS ONLY IN POLIO SURVIVORS

After diagnosis, Post Polio Syndrome victims may continue to lead productive and fulfilling lives with targeted physical therapy and moderate exercise. However, PPS is a progressive disease and patients and families will need to be prepared to make accommodations.

Treatment for Post Polio Syndrome may not cure the patients' symptoms, but it can help with pain control, prolong an independent lifestyle, and contribute to an improved quality of life.

Post Polio Syndrome develops only in Polio survivors. While Polio is a contagious disease, PPS is not. Ironically, the more complete recovery of activity that a Polio survivor has accomplished, the more serious the effects of PPS may be.

"Because Polio is viewed as a conquered disease in the United States, its aftermath as PPS has been relatively unexplored in research and in medical schools." - Ann Lee Hussey, Chair of the National Rotarian Action Group for Polio survivors and Associates

Warren

is confined to a wheel chair in a Kansas City assisted living facility. As of last summer, he was enjoying the full function of his legs and playing golf.

Warren's son has combed the United States in an effort to procure Post Polio Syndrome treatment for his father.

EVERY
ROTARIAN
EVERY
YEAR

Today, physicians and other health care providers request information and want to raise awareness about Post Polio Syndrome. At the same time, Polio survivors, as potential PPS patients, ask about resources, referrals and opportunities for education.

As many as 55% of an estimated 775,000 Polio survivors in the United States may be at risk of developing PPS. – Kate Nolan, "Polio's Second Act," Rotarian Magazine, September 2010