



Polio Australia Incorporated

Representing polio survivors throughout Australia



www.polioaustralia.org.au

Reflections of January 2014

What a tempestuous start to the new year! Whilst the Southern parts of Australia are tinder dry and bushfires are raging, we hear our Northern hemisphere cousins being bombarded by floods, severe storms, and below average freezing conditions. It seems it's not enough to be battling a chronic health condition, we need to battle the elements as well! Polio Australia sends out healing thoughts to everyone who may be suffering more than usual with the extreme heat or cold, or are under some imminent environmental threat. To find some solace, perhaps we need to reflect on the proverbial wisdom of *"this too shall pass"* . . .

*"It is not the strongest or the most intelligent who will survive
but those who can best manage change."*
~ **Charles Darwin**

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Parliamentary Friends of Polio Survivors

Following 6 years of intensive lobbying Federal government, Polio Australia is pleased to announce the establishment of a [Parliamentary Friends of Polio Group](#), which already boasts 22 members. We are very thankful to the instigators of this Group, Mark Coulton MP and Jill Hall MP, both of whom also happen to be counted among Polio Australia's 5 [Parliamentary Patrons](#).

The goal of Parliamentary Friends of Polio survivors is to raise awareness with Members of Parliament and the wider community about the issues relating to polio survivors such as lifting the profile and awareness of health concerns and working towards increased research into issues such as the late effects of polio among polio survivors.

Parliamentary Friends of Polio Survivors will enable first hand communication of issues and concerns with Polio Australia. It would also be a forum to access materials, brochures and information to government programs and possible funding.

Contact Persons:

[Mr Mark Coulton MP](#)

[Ms Jill Hall MP](#)

*Photo: Launch of original
(unofficial) 'Friends of Polio
Survivors', March 2010*



The Daily Living Expo

In 2014, [ATSA](#) will hold a [Daily Living Expo](#) at the Melbourne Showgrounds on Wednesday 14 May and Thursday 15 May, from 9am-4pm. There is plenty of parking onsite and easy access via public transport.

The exhibition will have over 100 exhibitors displaying a wide range of products and services for people with disability and the elderly. On display will be the latest in assistive technology, mobility solutions, pressure care, employment support, accessible recreation/holiday ideas, modified motor vehicles and a lot more.

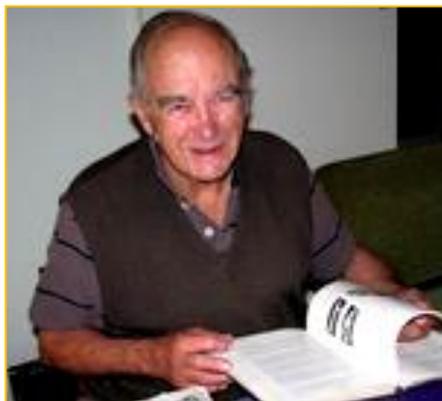


A key feature of the Expo is the FREE Clinical Education Program – run over 2 days in rooms conveniently located next to the exhibition floor. The three track seminar program has over 20 speakers.

Admission is free to therapists, the general public, end users & ATSA members for both events.

Remembering When Polio Struck in Australia Parts 1 and 2

Source: [891 ABC Adelaide Radio](#) - 21st & 22nd January 2014, 11:00 AM by Stuart Stansfield



While polio has been eradicated in most parts of the world, it was a very different situation not all that long ago.

Retired surgical boot maker and shoe retailer, Lloyd Perry, from Mount Gambier well remembers those days. These reports include Lloyd reading some of his recollections about polio, and his memories of polio outbreaks in Australia during the last century.

To listen to Part 1 - Click [here](#).

To listen to Part 2 - Click [here](#)

Follow up comment:

Dear Stuart - I would just like to say that I and my family appreciate the way that you presented my father's story. He is a special man who helped many people, little boys and girls who have grown up with straight legs because of his work. And many people suffering great pain suffered less because of him. We are very proud of him, and we thank-you. *Carolyn Perry*

Pain in Post-Polio Syndrome

by Anne C. Gawne, MD, Roosevelt Warm Springs Institute for Rehabilitation, Post-Polio Clinic, Warm Springs, Georgia

Source: [Post-Polio Health](#) Vol. 13, No. 1, Winter 1997

Symptoms of post-polio syndrome include fatigue, new weakness and pain in muscle and joints. Chronic pain is the second most prevalent symptom reported and frequently is the most difficult to treat. Improvement in the evaluation and treatment of pain can significantly improve comfort and restore function. The differential diagnosis is extensive, but many of the problems appear to be related to overuse of weak muscles along with abnormal joint and limb biomechanics.

To facilitate the diagnosis and treatment of pain, a classification that divides the pain syndromes into three classes has been developed:

- post-polio muscle pain;
- overuse pain; (e.g. [bursitis](#))
- biomechanical pain

Read more [here](#).

Polio Survivors' Perceptions of the Meaning of Quality of Life and Strategies Used to Promote Participation in Everyday Activities

by *Atwal A, Spiliotopoulou G, Coleman C, Harding K, Quirke C, Smith N, Osseiran Z, Plastow N, Wilson L*

Source: PubMed.com

Introduction:

The term 'post-polio syndrome' (PPS) is used to describe new and late manifestations of poliomyelitis that occur later in life. Research in this area has focused upon health status rather than its effect on quality of life.

Results:

Our research found that polio survivors used terms to describe quality of life which could be associated with that of happiness. Our research has identified resolvable factors that influence quality of life namely inaccessible environments, attitudes of health-care professionals and societal attitudes. Polio survivors have tried alternative therapies, chiefly acupuncture and massage, and found them to be effective in enhancing their quality of life.

Conclusion:

It is suggested that health-care professionals should consider factors which influence happiness and implement a person-centred approach with the views of the polio survivor being listened to. The three factors that influenced quality of life could be resolved by health-care professionals and by society. With regard to strategies used, we suggest that polio survivors should have access to the treatments that they perceive as important, although further research is required to design optimal interventions for this client group.

Read full Abstract [here](#).

Falls at Home a Leading Cause of Death

by *Kymerly Martin* in *News*

Source: freedom2live - 15 January 2014

Falling over at home is the major cause of injury deaths in Victoria. According to the most recent data from the Victorian Injury Surveillance Unit (VISU), more than a third of all injury deaths occurred in the home. Also, home injuries accounted for around a fifth of all years lived with a disability as a result of injury. Falls on the same level, from slipping, tripping and stumbling, accounted for almost half of all fall deaths.

Further, almost a quarter of hospital admissions and more than a third of injury ED presentations over the period 2009/2010-2011/2012 were for injuries that occurred in the home. The majority of home fall admissions were females among the three older age groups: 65-74; 75-84 and 85+.

For VISU data, go to: www.monash.edu/miru/visu

2.7m Take Care

by *Kymerly Martin* in *News*

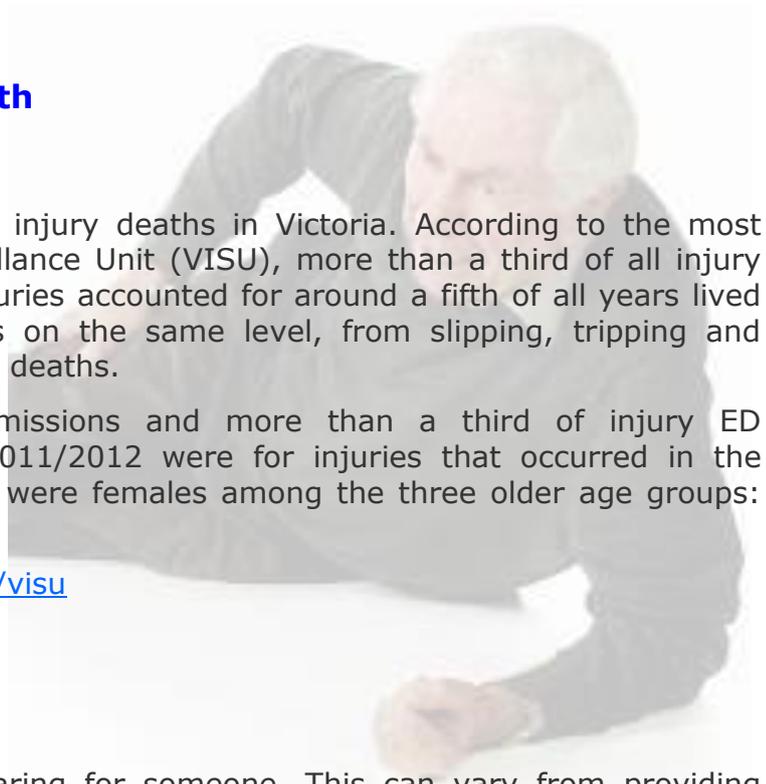
Source: freedom2live - 15 January 2014

There are 2.7 million people in Australia caring for someone. This can vary from providing informal care to older people or those with a disability or long term health conditions.

The latest Australian Bureau of Statistics (ABS) report found there were more females, 56 per cent, than males, 44 per cent, taking on caring duties with one in five carers aged between 55 and 64 years. And 40 per cent reported that they spent 40 hours or more each week providing care.

While the number of Australians with disability is steady at 18.5 per cent, the rate of disability increases with age: nine in 10 people aged over 90 having a disability compared to one in 20 children under the age of five. Work remains an issue with no improvement in labour force participation rates by people with disability since the last survey in 2009.

For more ABS statistics, click [here](#).



Dietary Guidelines Aim to Reduce Alzheimer's Risk

by *Sue Hughes*

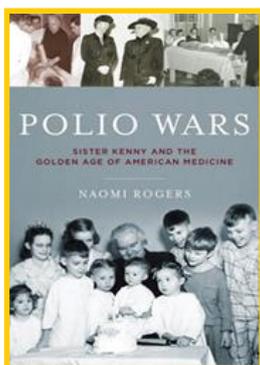
Source: Medscape Medical News – 25 July 2013

The bulk of evidence concerning cognition and factors associated with the development of Alzheimer's disease is well represented in [guidelines](#) issued last year by the Physicians Committee for Responsible Medicine (PCRM):

The 7 Dietary Principles to Reduce Alzheimer's Risk

- Minimize saturated fats and trans fats.
- Vegetables, legumes (beans, peas, and lentils), fruits, and whole grains should be the **primary staples of the diet**.
- One ounce of nuts or seeds (one small handful) daily provides a healthful source of vitamin E.
- A reliable source of vitamin B12, such as fortified foods or a supplement providing at least 2.4 µg per day for adults, should be part of the daily diet.
- Choose multivitamins **without iron and copper**, and consume iron supplements only when directed by your physician.
- Avoid the use of cookware, antacids, baking powder, or other products that contribute **dietary aluminium**.
- Engage in aerobic exercise equivalent to 40 minutes of brisk walking 3 times per week.

Ed Note - the last point is obviously a hurdle for many polio survivors.

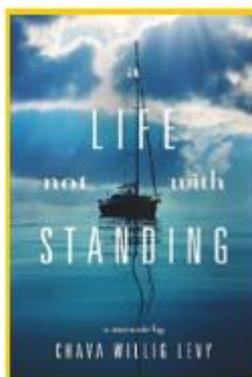


Polio Wars: Sister Kenny and the Golden Age of American Medicine by Naomi Rogers

During World War II, polio epidemics in the United States were viewed as the country's "other war at home."

Polio Wars is the story of Sister Elizabeth Kenny - "Sister" being a reference to her status as a senior nurse, not a religious designation - who arrived in the US from Australia in 1940.

For more details and online purchase, see [here](#)



A Life Not with Standing: a memoir by Chava Willig Levy

The book chronicles her adventures as an iron lung alumna. It tells a story beyond Chava Willig Levy's polio chronicle: how calamities can befall innocent people and how those calamities can evolve into

and, in fact, become ingredients of and prerequisites for ensuing joy. You can hear an interview with Chava Willig Levy on [Nachum Segal Network](#) that was broadcast on January 16.

For more details and online purchase, see [here](#).

International Post Polio Conferences

Promoting Healthy Ideas

[Post-Polio Health International](#) (PHI) will be holding its 11th International Conference from Saturday 31 May to Tuesday 3 June in St. Louis, Missouri, USA, in 2014. The theme of this conference will be "Promoting Healthy Ideas" which will explore how people with disabilities can be healthy or, at the very least, strive to be healthy. Check out the conference Program [here](#).

Post Polio Syndrome: A Condition Without Boundaries

Following the successful conference in Copenhagen in 2011, the 2nd [European Polio Conference](#) will be held in Amsterdam from 25-27 June 2014. This Conference aims to promote better care for the large number of 700,000 Europeans suffering from late effects of polio by exchanging knowledge between health care professionals, researchers, polio survivors and patient organisation representatives from Europe and world wide. Keep checking the conference website for details: <http://polioconference.com/>

Unlikely Hero: Polio Victim Saves 10 Lives

by Danny Petilla

Source: [Philippine Daily Inquirer](#) – 9th February 2014

PALO, Leyte—On land, polio victim Wendell Corregidor cannot walk without help. But in the water, he swims like a fish, a feat that enabled him to save 10 people, including six children, from drowning as gigantic storm surges generated by Super typhoon “Yolanda” inundated villages here last Nov. 8.

Three months after the monster typhoon struck and killed more than 6,000 people in Leyte and Samar provinces, Corregidor’s tale of unusual courage and heroism despite his obvious disability has gained for him folk hero status in the coastal village of Baras in this town where he has become the subject of street corner conversations and text messages that have gone viral.

But Corregidor is no ordinary polio victim. He is a 36-year-old ex-paralympian whose exploits in the swimming pool have resulted in his taking home several gold medals from swimming competitions for the disabled around the country.

Read full story [here](#).

Vaccine-Preventable Outbreaks

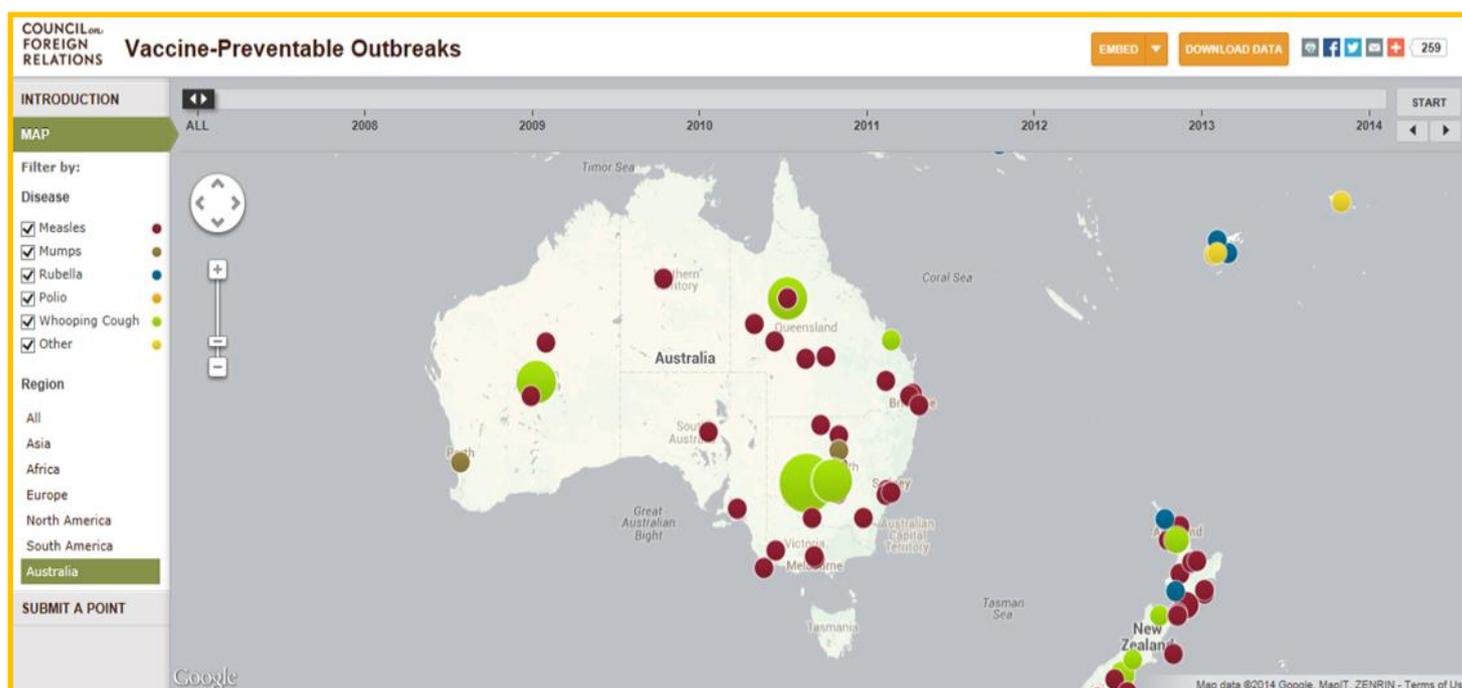
by [Lauren F Friedman](#)

Source: [Business Insider Australia](#) - 18 January 2014

Vaccines are considered one of [the greatest public health achievements](#) of the 20th century. They’ve saved millions of lives. But there are still outbreaks of vaccine-preventable diseases all over the world — including in the United States.

The [Council on Foreign Relations](#), a nonpartisan think tank, has been tracking news mentions of such outbreaks since the fall of 2008, and they’ve assembled an amazing, [interactive map](#) of them.

This incredible map shows all the infections that vaccines could have prevented and visually plots global outbreaks of measles, mumps, whooping cough, polio, rubella, and other diseases that are easily preventable by inexpensive and effective vaccines. This project aims to promote awareness of a global health problem that is easily preventable.



Best Viewed in Firefox, Chrome, Safari and Internet Explorer

Expanding Age Groups for Polio SIAs Could Increase Population Immunity

by Bryan Cohen

Source: VaccineNewsDaily.com - 3rd February 2014

Including older children and adults in supplemental immunization activities (SIAs) to eradicate wild poliovirus may increase population immunity against the disease, according to research published by *BMC Infectious Diseases*.

Researchers from the nonprofit organization Kid Risk, Inc., explored the potential role of including older children and adults in SIAs to increase population immunity and prevent or stop polio transmission. The research team used a differential-equation-based dynamic poliovirus transmission model to analyze the vaccine resource implications and the epidemiological impact of expanding target age groups for SIAs.

SIAs with expanded age groups were able to decrease transmission, reduce overall caseloads and led to a small reduction in the time to achieve WPV elimination, according to the study.

Read full article [here](#).

Polio: Why it Matters to You

Source: [Huffington Post](http://HuffingtonPost.com) -5th February 2014

On October 25th 2013, the New York Times published [an article](#) that seemed more fitting as a headline 30 years ago than it did today. A polio epidemic, an idea almost unimaginable to a generation shielded by vaccines, was looming in war-torn Syria. Most of us probably don't even remember what polio does unless we tie it to a U.S. history lesson on President Roosevelt. We can reason that this is an unfortunate setback for the global eradication of polio, but what warrants such detailed coverage from the New York Times? The newspaper has since published four more articles specifically on this polio outbreak. With Syria over 5,000 miles away, why should we worry about this vaccine-preventable virus specifically when there are bigger concerns at home like the economy?

Read full article [here](#).

Eradicating Polio Everywhere

Source: [The New York Times](http://TheNewYorkTimes.com) - 14 January 2014



It has been three years since the last new case of polio was reported in India. The country can now be declared polio-free. India's victory is [an important milestone in the global effort](#) to eliminate polio. In 2013, just 250 people were paralyzed by polio. But the viral disease remains a threat. The World Health Organization reported [359 new polio cases](#) as of Dec. 10, 2013, up from 213 in December 2012. And the number of countries where polio is present rose to eight from four between December 2012 and December 2013, with [polio spreading](#) out of Nigeria into the Horn of Africa and from Pakistan into the Middle East. Violent conflict and distrust of vaccination programs are to blame.

Cases of polio in Pakistan, where scepticism of vaccination efforts remains after the revelation that the United States Central Intelligence Agency used a [fake vaccination program](#) in its hunt for Osama bin Laden, rose to 85 in 2013 from 58 in 2012. The W.H.O. also reported 17 confirmed cases and 60 suspected cases of polio in 2013 in and along the borders of war-torn Syria, a country that [had been free of polio for 14 years](#).

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With eradication of polio so close, these nations need to redouble efforts to combat the disease. India can play a vital role. It has welcomed experts from polio-affected countries and has sent medical officers to Nigeria to help with eradication initiatives there. Pakistan is also enhancing its efforts. It has raised the salaries of vaccinators, created police and army escorts to ensure their safety and enlisted mullahs and imams to calm fears that vaccination is a Western plot.

In the most violent polio-affected areas, warring factions and rebel groups must be persuaded to embrace [Unicef's strategy](#) where they agree to cease hostilities long enough for health workers to reach vulnerable populations. India's technical and logistical success and Pakistan's efforts to enlist trusted local leaders are important examples to follow. All of these tactics will be necessary to eradicate polio in 2014 and to ensure that by 2018 this terrible virus is gone for good.

Read full article [here](#).

Polio This Week

Source: [Polio Global Eradication Initiative](#) - as of Wednesday 5 February 2015

Wild Poliovirus (WPV) cases

Total cases	Year-to-date 2014	Year-to-date 2013	Total in 2013
Globally	8	1	400
- in endemic countries	8	1	160
- in non-endemic countries	0	0	240

Case breakdown by country

Countries	Year-to-date 2014				Year-to-date 2013				Total in 2013	Date of most recent case
	WPV1	WPV3	W1W3	Total	WPV1	WPV3	W1W3	Total		
Pakistan	7			7	1			1	93	16-Jan-14
Afghanistan	1			1				0	14	14-Jan-14
Nigeria				0				0	53	15-Dec-13
Cameroon				0				0	4	30-Oct-13
Somalia				0				0	190	20-Dec-13
Syria				0				0	23	17-Dec-13
Ethiopia				0				0	9	5-Nov-13
Kenya				0				0	14	14-Jul-13
Total	8	0	0	8	1	0		1	400	
Total in endemic countries	8	0	0	8	1	0		1	160	
Total out-break	0	0	0	0	0	0	0	0	240	

Data in WHO as of 05 February 2013 for 2013 data and 04 February 2014 for 2014 data.



**2014 Polio Health and Wellness Retreat
Body / Mind / Spirit
New South Wales in May 2013**

Expression of Interest

Polio Australia will once again be facilitating its 4 day/3 night day Polio Health and Wellness Retreat for polio survivors and their partners from Thursday 8 to Sunday 11 May, 2014 at [St Joseph's Centre for Reflective Living](#) in Baulkham Hills, New South Wales. Polio Australia held its first Retreat at this venue, which is a lovely, peaceful environment, and very conducive to sharing and learning new information.

- Interactive group sessions and one-to-one consultation opportunities with a variety of allied health professionals
- Exercise options
- Latest orthotics, aids and equipment displays
- Seated Yoga and Meditation Sessions
- Activities To Keep The Mind Active
- Creative Workshops and Singing for Health
- Massage therapy *and much, much more!*

Registration fees for 3 nights accommodation, all meals and most activities
= \$350 pp double / \$400 single

See details of previous Retreats at www.polioaustralia.org.au/retreats/



**Polio Australia's Health and Wellness Retreat—New South Wales
*Expression of Interest only***

Please provide me with more information on the 2014 Polio Health & Wellness Retreat when available.

Name: _____

Address: _____

Phone/s: _____ **Email:** _____

Return to: Polio Health & Wellness Retreat, Polio Australia, PO Box 500, Kew East, VIC, 3102 or Email: office@polioaustralia.org.au



POLIO AUSTRALIA INCORPORATED
Representing polio survivors throughout Australia

Please pass this e-Bulletin on to friends and colleagues who have an interest in the late effects of polio

- ♦ If you are not the original recipient of this e-Bulletin and would like to receive it directly in future, please email us [here](#).
- ♦ If you do not wish to receive any further communication from Polio Australia, please email us [here](#).

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