



Polio Australia Incorporated

Representing polio survivors throughout Australia



www.polioaustralia.org.au

Reflections of July 2014

Who said winter was a time for hibernation? As you will see in the following pages, there is a lot you can become involved in over the coming weeks and months, if you're up for it. Awareness raising and fundraising are constants for Polio Australia, as we do our best to represent the post-polio community with severely limited resources. Be assured that it is just as taxing to be continually asking for financial and/or physical support as it is to be asked to contribute in some way. . . However, isn't that what 'community' is all about? Many hands making light work? So whilst juggling the winter chills, fatigue, pain, and the need to 'pace', if you have any time and/or energy left, we invite you to have a think about whether any of our activities take your fancy. There are plenty of opportunities to meet new people, and you might even have some fun!

"If you're not actively involved in getting what you want, you don't really want it."
~ Peter McWilliams

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Dick Smith "Walk With Me"

Polio Australia is once again taking part in the [Dick Smith "Walk With Me"](#) challenge, and we are looking for people to join and/or support us! It's a fun day out, and you can walk, wheel, or scoot - whatever works for you!

This year we are expanding our base from Victoria and New South Wales to include South Australia and Western Australia, thanks to the participation of the state Polio Networks. All donations will be shared equally between Polio Australia and the participating state networks. In all cases, we are joining forces with larger disability organisations who have kindly invited our "Polio Power" teams to 'walk with them'!

- ☆ [Polio Power NSW's](#) walk will be with Northcott on Friday 12 September at Parramatta River, Parramatta (between Barry Wilde Bridge and Rivercat Wharf) from 11:30am-2pm (walk starts 12:30pm)
- ☆ [Polio Power SA's](#) walk will be with Novita on Sunday 31 August in the Botanic Park, Plane Tree Drive, Adelaide from 9:30-10:30am
- ☆ [Polio Power Vic and Polio Post Victoria's](#) walk will be with Scope on Sunday 7th September at Birrarung Marr, Batman Avenue, Melbourne, from 9:30am-2:00pm
- ☆ [Polio Power WA's](#) walk will be with Rocky Bay on Sunday 31st August at Rocky Bay, 60 McCabe St, Mosman Park from 11:00am

We would be thrilled if you and/or your family/friends wanted to participate on the day, in which case you will need to 'Register' to join an existing "Polio Power" team - or you can even create your own - by clicking on one of the following links for your particular state: [South Australia](#) / Victoria - [Polio Power Vic](#) or [Post Polio Victoria](#) / [New South Wales](#) / [Western Australia](#). Once you have joined a team, make sure you share the information so you can start generating your own sponsors. It's that easy!

If you would rather be cheering us on from the comfort of your own lounge room, you simply click on the link your state (located immediately above), then click the green "Give Now" button located at the top of the webpage to support the whole team, or just below each team member. You can also search for specific "Polio Power" teams/individuals alphabetically [here](#). As Polio Australia relies on your donations, every bit helps!

2014 Health and Wellness Retreat

For those people who were unable to join this year's Health and Wellness Retreat in NSW, any handouts provided by the session Presenters are now available for downloading online [here](#). Report and feedback from the Retreat were provided in the Winter edition of [Polio Oz News](#).

See page 8 if you are interested in putting an "Expression of Interest" in for the 2015 Health and Wellness Retreat being held in Torquay, Victoria.

At the two International Conferences held in June 2014 (see below), Polio Australia presented on the five annual Health and Wellness Retreats held to date - highlighting the positive change in the level of participants' [health literacy](#) as a result of attending.

International Conferences

For all Polio Australia's daily blogs, photos, available handouts, and posters from these conferences, click the conference names below:

[Promoting Healthy Ideas—USA](#)

[Post Polio Syndrome: A Condition Without Boundaries—Amsterdam](#)

Webcasts of many Presentations made at the European Post-Polio Conference can be viewed on "The Informed Scientist" website [here](#). Includes Polio Australia's President, Dr John Tierney (*right*).



Polio Australia is now working on strategies to facilitate an Australasian-Pacific Post-Polio Conference to be held in Sydney in October 2016. Watch this space . . .

Post-Polio Health International's Research Grant Award for 2014

On behalf of his team, Antonio Toniolo, MD, FAMH, University of Insubria, Varese, Italy, accepted the two-year grant award of \$100,000 (\$50,000 per year) from Post-Polio Health International at the organization's 11th International Conference on May 31, 2014.

Dr Toniolo's proposal, "*Poliovirus genome in patients with post-polio syndrome (PPS): Defining virus mutations by novel genome sequencing methods and investigating possible treatments with antiviral antibodies and drugs,*" was selected from 11 proposals reviewed by the expert Review Panel and approved by PHI's Board of Directors. Proposals were submitted from researchers representing seven different countries.

2014 "We're Still Here!" Campaign

Polio Australia is, once again, asking for any polio '[heroes](#)' to join us at Parliament House, Canberra on Wednesday, 29th October 2014, for Polio Awareness Month. In October 2012, 60 members of the polio community made the trip to Canberra for Polio Awareness Month - most of whom met with their local Members of Parliament to discuss the total lack of support being given to Australia's polio survivors from the federal government.

A second campaign took place in June 2013 in the lead up to the federal government election, where we were joined by 40 passionate heroes. In spite of the fact that everyone who attended was required to arrange and pay their own way, including transport, [accommodation](#) and meals, the campaign heroes all felt they had made a definite impact on the Parliamentarians.

As is the case with politics, a lot has changed since our last visit. There is a host of new parliamentarians to inform regarding the late effects of polio, and the total lack of government funding to support programs for Australia's 400,000 polio survivors. We also know that the NDIS will not cover people over 65 yo, and that the proposed extended roll out time for this scheme will definitely exclude most of the post-polio community. We clearly have no option but to keep fighting the good fight!

The [Program](#) for the day will be similar to the June 2013 campaign - complete with a complimentary buffet lunch in the Members and Guests Dining Room. However, more details will become available in the coming weeks. We will also be launching our brand new clinical practice resource focusing on physiotherapy, occupational therapy, and assistive technology - a 'must have' for all treating health professionals. See the item below if you would like to contribute.

So if you are willing and able to join us on the day, please contact Polio Australia on Ph: 03 9016 7678 or send us an [email](#). We would be delighted to see you in Canberra!

Calling The Voices of 'Experts by Experience'

What is the project?

Polio Australia has commissioned occupational therapist, Natasha Layton, to produce a Clinical Practice Resource module, based on the role of physiotherapy and occupational therapy in managing the Late Effects of Polio. This module will be used to educate and inform generalist allied health practitioners as to good practice in managing the late effects of polio, whether this is in community health, public hospital, or any other setting.

Who is involved?

A reference group supporting this work includes physiotherapists: GM Jegasothy (Jega) - WA; Louse Thomas - Victoria; Ann Buchan - SA; Melissa McConaghy - NSW; occupational therapist, Margaret Petkoff - Polio Services Victoria; and psychologist, Dr Mary Westbrook - NSW.

The module will be structured around the World Health Organisation's view of impairment, disability and functioning, and is planned for launch during Polio Awareness Month in October. Topics include use of specific exercise modalities such as hydrotherapy or load bearing exercise, assistive devices and home modifications, ways to manage fatigue, and planning for the future.

How do I contribute?

The content of the Clinical Practice Resource Module is being drawn from the published literature and current evidence base for the treatment and management of polio. We would like to include some vignettes or stories from polio survivors about their experiences of various forms of therapy, and what polio survivors are looking for in an allied health practitioner.

During the month of August, you are invited to email your contributions to Natasha Layton at natasha@natashalayton.com.au or post to PO Box 1008, Elsternwick, 3185.

Note: the 2012 overview resource module "The Late Effects of Polio: Introduction to Clinical Practice" can always be found online [here](#), or hard copies can be purchased from Polio Australia for \$20.00 including postage in Australia. Request your copy by phone on 03 9016 7678 or by [email](#).

Polio Years Fire Up London

Source: The West Australian - 5 August 2014



Fremantle author Joan London has put Perth at the front and centre of her third novel, *The Golden Age*. The WA Premier's Book Awards winner named her novel for a one-time pub and well-known children's home in Leederville.

She drew on the expertise of local author and former patient Jan Lord in painting a picture of the rehabilitation home which later became a nursing school, then the freeway.

London's lead character, 13-year-old Feri "Frank" Gold, is an intense young Pole who has survived the polio virus to pass his days in the rehabilitation hospital. Frank is also a Jewish survivor of the Holocaust, one who battles his memories of being cloistered in a ceiling by his protectors.

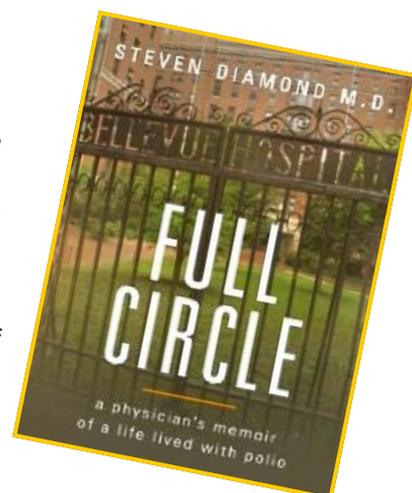
Read article [here](#) . . .

Available at all good book shops.

Full Circle

Full Circle: A physician's memoir of a life lived with polio is a new book by Steven Diamond, MD, a gastroenterologist who was among the first to master surgical techniques that saves thousands from colon cancer. Diamond grew up in post-World War II Bronx. He contracted polio there at age 13 and entered the polio ward at Bellevue Hospital. Twelve years later he returned as an intern and later as chief resident in gastroenterology. The book, about his career, includes an assessment of American medicine and his struggle with post-polio syndrome.

It can be purchased directly from the publisher, [TBM Books](#), and on [Amazon](#).



Surviving on Kindness: Dallas Man in Iron Lung Recounts Life Guided by Compassion

by Shelly Conlon, Daily Light Digital News Editor

Source: www.waxahachietx.com - 11 August 2014

DALLAS – As a tow-headed 6-year-old, Paul Alexander took apart everything, including his mother's blender, simply to understand how it worked. His father would be close behind, putting the pieces back together.

Alexander didn't know at that time there would be a day he wouldn't be able to take things apart, wouldn't be able to run around in the mud, or do other rambunctious activities the average 6-year-old could do. Paralytic polio would place him in an iron lung, a machine that forces air into his lungs with help from a pressurized system, about a week after he had checked into a Dallas hospital in 1952 and shortly after he was prematurely pronounced dead.

Now Alexander, who is in his late 60s, is one of 10 people in the world who still live in an iron lung. He contracted the deadly illness toward the end of a major United States polio outbreak, and said his survival into his 60s wouldn't have been possible without the good hearts and grace of others like those in the Waxahachie Rotary Club. The Rotarians spent Saturday morning building a ramp to help Alexander transport his 1,200-pound lung to and from the hospital more easily.

It's that same hospitality that saved his life in the hospital when he was first diagnosed. And it's that same hospitality that helped him to finish three different college degrees, including one to become a practicing lawyer, which is his current occupation.

Full article can be read [here](#).



Skilled Jazz Bassist Charlie Haden Dies at 76

Source: The Wall Street Journal - 11 July 2014



Charlie Haden (George Wells photo)

NEW YORK — Bassist Charlie Haden, who helped change the shape of jazz more than a half-century ago as a member of Ornette Coleman's groundbreaking quartet and liberated the bass from its traditional rhythm section role, died Friday in Los Angeles. He was 76.

Haden's wife of 30 years, singer Ruth Cameron, and his four children were by his side when he died after a prolonged illness, said publicist Tina Pelikan of ECM Records.

Haden's career was marked by the triumph of beauty over suffering. He turned to the bass after losing his singing voice to polio as a teenager when he was performing with the Haden Family country band.

The onset of post-polio syndrome in late 2010 forced him to stop performing publicly, although he played at home to his favorite recordings as well as with visiting musician friends such as guitarist Pat Metheny and pianist Alan Broadbent.

During his career, Haden's lyrical bass playing could be heard in a broad range of musical genres, ranging from jazz to country to world music.

See YouTube tribute [here](#).

Residential Energy Use Survey

Source: COTA Email 14 August 2014

COTA members regularly tell us, informally, that they worry about energy costs and take steps to manage these costs. This and ongoing price increases tell us that we need to make sure that COTA can actively and accurately represent older Australians in this area, and we need your help. This survey asks about your electricity and gas use. The information that we gather will be used to revise COTA's energy policy; advocate to the Federal Government on behalf of older Australians and develop materials that will help us advise our members on their energy use. For more information about the survey and to take part go to <http://www.cota.org.au/australia/involved.aspx>

The survey should only take about 15 minutes to complete and **closes on Wednesday 27 August 2014.**



More Older Australians Seeking Aged Care Services

by [Kymberly Martin](#) in [News](#)

Source: [Freedom2Live](#) - 13 August 2014

There has been a rise in the number of people accessing aged care services in their homes and in the community. And demand can be expected to grow as the government provides more support to keep older people living independently.

According to a report from the Australian Institute of Health and Welfare, 29 per cent of people from 65+ years accessed aged care services in 2010-11, up from 26 per cent in 2002-03. However, the biggest increase was for community care programs, which are being used by 79 per cent of all aged care clients now. The majority of these were receiving Home and Community Care services.

In order to meet this growing demand for in-home care services the government is increasing the number of home packages by 80,000 over the next 10 years. There will also be a shift towards consumer-directed care for aged care in the home so people can decide for themselves how their care needs are met.

Assistant Minister for Social Services, Senator Mitch Fifield said the report shows how aged care initiatives over the past decade have assisted older Australians. *"It confirms the government focus on increasing [people's ability to] stay in their homes and communities for longer is well-targeted."*

For more information visit: www.myagedcare.gov.au or 1800 200 422

Australia's health 2014 - in brief



Australia has much to be proud of in many areas of health including longer life expectancy, lower death rates for cancer and many other diseases than in the past, and a health system that people are mostly happy with.

While the health of Australians is generally very good by global standards, some of us are not doing so well. Indigenous Australians, people living in rural and remote areas and in areas of lower socioeconomic status, and Australians living with disability, in general, have higher rates of illness, health risk factors and death than other Australians.

Australia's health 2014 - in brief presents highlights from the Australian Institute of Health and Welfare's 14th biennial report on the nation's health.

Download *Australia's health 2014 - in brief* [here](#).

Polio Vaccine Boosts Kids' Intestinal Immunity

Source: The Clinical Advisor – 15 July 2014

HealthDay News - Intestinal immunity improved in children after a single inactivated poliovirus vaccine (IPV) who had previously been vaccinated with oral poliovirus vaccine (OPV), according to researchers.

"Inactivated poliovirus vaccine (IPV) does not induce an intestinal mucosal immune response, but could boost protection in children who are mucosally primed through previous exposure to OPV," explained Jacob John, MD, of the Christian Medical College in Vellore, India, and colleagues in *The Lancet*.

"The substantial boost in intestinal immunity conferred by a supplementary dose of IPV given to children younger than 5 years who had previously received OPV shows a potential role for this vaccine in immunization activities to accelerate eradication and prevent outbreaks of poliomyelitis," concluded the researchers.

Read more [here](#) . . .

Polio Public Health Emergency

Source: Polio Eradication Website

Temporary Recommendations to Reduce International Spread of Poliovirus

On 5 May 2014, the Director-General of the World Health Organization (WHO) declared the international spread of wild poliovirus (WPV) a public health emergency of international concern (PHEIC). The declaration followed advice given by an Emergency Committee under the International Health Regulations (IHR) that was convened to assess whether the international spread of polio in 2014 during what is normally the 'low' season for poliovirus transmission is a PHEIC. With the 'high' season for poliovirus transmission stretching from May to November/December, a coordinated international effort is needed to address this extraordinary event. The Director-General has made a number of Temporary Recommendations to address the PHEIC.

Read more [here](#) . . .

CDC Offers Interim Guidance on Polio Vaccination for Travel

Source: Healio.com - 8 July 2014

CDC (Centre for Disease Control and Prevention) is advising physicians of interim travel recommendations regarding polio vaccination, according to an *MMWR* report. The guidance was issued in light of WHO-recommended exit requirements for proof of polio vaccination before departing countries with circulating wild poliovirus.

Children, adolescents and adults who have documentation of a polio vaccine series should receive a booster dose of inactivated poliovirus vaccine within 12 months of departure from a country with circulating wild poliovirus (WPV) if they have been there for more than 4 weeks, according to the guidelines. All polio vaccinations should be documented on an International Certificate of Vaccination or Prophylaxis, known as the WHO "yellow card."

Full report [here](#) . . .

A Leap of Faith in Eradicating Polio Among Pakistani Expats

Source: khaleejtimes.com - 5 August 2014

To create awareness about polio among Pakistani expatriates in the UAE, Image Nation Abu Dhabi has produced a short film on the disease titled **Leap Of Faith**.

The film, spanning over three minutes, is currently being screened across labour camps in the country as part of Image Nation's multimedia campaign against polio. The short film captures the story of a Pakistani expatriate working as a taxi driver in the UAE and the impact polio has had on his children living in Pakistan.

Watch *Leap Of Faith* on YouTube [here](#) and/or check the Facebook page [here](#) . . .



Polio This Week

Source: [Polio Global Eradication Initiative](#) - as of Wednesday 6 August 2014

Wild Poliovirus (WPV) cases

Total cases	Year-to-date 2014	Year-to-date 2013	Total in 2013
Globally	135	177	416
- in endemic countries	117	67	160
- in non-endemic countries	18	110	256

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	104			104	22			22	93	09-Jul-14
Afghanistan	8			8	3			3	14	17-Jun-14
Nigeria	5			5	42			42	53	27-May-14
Somalia	4			4	100			100	194	03-Jun-14
Equatorial Guinea	5			5				0	0	03-May-14
Iraq	2			2				0	0	07-Apr-14
Cameroon	5			5				0	4	09-Jul-14
Syria	1			1				0	35	21-Jan-14
Ethiopia	1			1				0	9	05-Jan-14
Kenya				0	10			10	14	14-Jul-13
Total	135	0	0	135	177	0		177	416	
Total in endemic countries	117	0	0	117	67	0		67	160	
Total outbreak	18	0	0	18	110	0	0	110	256	

Data in WHO as of 06 August 2013 for 2013 data and 05 August 2014 for 2014 data.



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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Support Polio Australia's work by [donating online](#) today! ◆ Join us on [Facebook](#) and [Twitter](#) too!



2015 Polio Health and Wellness Retreat

**Body / Mind / Spirit
Victoria in April/May 2015**

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 30 April to Sunday 3 May, 2015 at the [Wyndham Resort Torquay](http://www.wyndhamresort.com.au).

Boasting a spectacular location along the pristine shores of Zeally Bay Beach on Victoria's Surf Coast, the Wyndham Resort Torquay is 90 minutes from Melbourne and enjoys stunning ocean views. Torquay itself is a vibrant seaside town that is the official starting point of the magnificent Great Ocean Road. The Resort has an outdoor 'lagoon' and an indoor heated pool, and plenty to see and do in the nearby areas, making it a great holiday destination.

Polio Australia's Health and Wellness Retreats provide an opportunity to:

- renew the mind, body and spirit
- have post-polio questions answered by unhurried medical experts
- spend custom-designed days enjoying recreational activities
- learn more about how to stay strong and healthy

Moving several steps beyond rehabilitation, Retreats offer ongoing wellness approaches that promise to improve overall health and quality of life through interactive group sessions, and one-to-one consultation opportunities with a variety of allied health professionals. Activities might include:

- ☆ Hydrotherapy and 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

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

Polio Australia's Health and Wellness Retreat—Victoria

Expression of Interest only

(Registration fees for 3 nights accommodation, all meals and most activities = approx. \$400 pp double or twin share / \$450 single)

Please provide me with more information on the 2015 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