



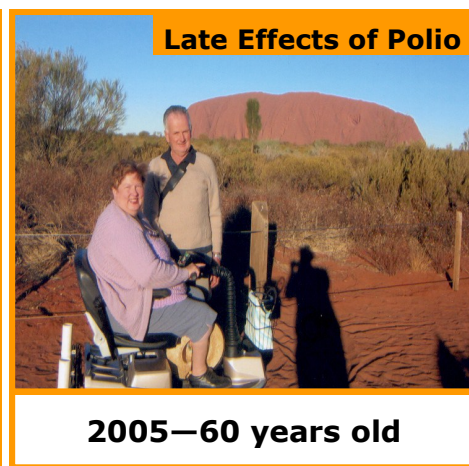
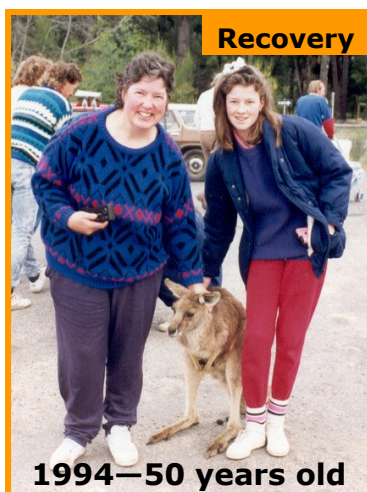
# October

**Did you know that polio survivors today form the largest single physical disability group in the country?**

*Yes, We're Still Here!*

Tens of thousands Australians contracted paralytic polio between the 1930s and 1960s and as they head into their senior years, the development of new symptoms can occur, commonly known as the "Late Effects of Polio".

**View or sign up to the Australian Polio Register at [www.polioaustralia.org.au](http://www.polioaustralia.org.au)**



## Symptoms of the Late Effects of Polio include . . .

- ~ unaccustomed fatigue unrelated to activity
- ~ decreased strength and endurance
  - ~ pain in muscles and/or joints
  - ~ weakness and muscle atrophy
  - ~ muscle spasms/twitching
- ~ respiratory and sleep problems
- ~ swallowing or speaking difficulties

This October show your support for Australia's polio survivors and **Wear Orange** because **"We're Still Here!"**

Find out more

**Polio Australia**

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[www.polioaustralia.org.au](http://www.polioaustralia.org.au)

Polio Australia Month