

POLIO



POST

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President's Report November, 2011

Well, slowly but surely we are heading into winter, with all that it entails. For many of us, it means more than just pulling on the boots and toques; it means accommodating ourselves to the cold.

Muscles, breathing, decreased mobility and accompanying pain are all contributing factors which make it more difficult for us to manage in the winter. But, we are indomitable, we are determined, our spirits prevail!

Polio survivors survive!!

The Holiday Luncheon is our time to connect before we take our winter hiatus. This year we are going to meet at the Greenwood Inn, which has more accessible parking. I am really looking forward to seeing you all at lunch. *Cheers!*

~ Charlene Craig, President ~

Grey Cup Fundraiser

We have completed another successful Grey Cup Fundraising drive.

I thank everyone for all of their support in either selling or purchasing tickets.

**A special thank you goes out to Alice Regey and Cheryl Curie
for cleaning and organizing all the tickets.**

Winners will be announced in the February newsletter.

~ Doug Mihalyk ~

Survivors

Upon attending the October general meeting of the Post Polio Network Manitoba, we were informed that the guest speaker had to cancel at the last minute. To fill that time slot during the meeting, our President suggested we go around the room stating what year we contracted Polio, how old we were and where we were at the time. As people started to talk, I thought how fascinating it would be to jot down these statistics and share them with others via the newsletter. The results generated a mixture of shock, awe, amazement and compassion as we listened to each other (19 women and 8 men) tell our mini stories.

Of the 27 people who shared, 14 were diagnosed with Polio in 1953, one of the worst years during the epidemic. Their ages ranged from 1 year old to 26 years old, the latter being pregnant at the time of the Polio diagnosis. Her husband and daughter were also diagnosed but their symptoms and long-term effects were not as severe. Three others had been in an iron lung and one other had vocal paralysis.

1933: (age 2)

1939: (4 months old) – total paralysis

1947: One of the most heartfelt stories was that of one member, whom at only a few months old had total voice paralysis. She could only open her mouth to cry, but no sound came out. Her mother had to keep her close to her at all times. Another member at age 1 ½ that year had Polio compounded by encephalitis. Another that year was age 5.

1948: (age 10) – mild symptoms

1949: One member at age 9 went into hospital for emergency appendicitis – came out with Polio virus – result of very poor nursing at that time. Another member who became ill with Polio that year was 18 months old.

1952: (age 5 months) Two siblings also affected.

1954: One member age 3 and one age 15 contracted Polio that year.

1955: (age 3)

1956: (age 22) – total paralysis

Many small town doctors didn't know what they were dealing with, while other doctors, aware of the epidemic, were immediately able to diagnose people with polio. In conclusion, 24 of the people were in Manitoba at the onset of Polio. Three others were in Europe, the UK and USA.

Polio has not been eradicated, but it's getting closer. Let's continue to speak with a positive message, but a strong one encouraging vaccination. If anyone is unsure, just share a few of these statistics. The reality of it all is all around us.

~ Kathryn Harper ~

(thanks to Linda Wilkins for helping me with my notes)

**If you would like to share your story in our newsletter please feel free to contact Kathryn Harper at 275-0146 or email scotlass@mymts.ca*

Sister Kenny

Reprinted from The Los Angeles Times

<http://articles.latimes.com/2011/mar/20/entertainment/la-et-0320-story-20110320>

March 20, 2011
By Joan Haskins

Australia, 1893.

When the saddle on my horse slipped, I plunged to the ground. I was determined not to cry, but the pain in my wrist was awful. I struggled to my feet, tethered my horse and limped for home.

My mother took a quick peek at the throbbing wrist and called my father to fetch our buggy. Mother could nurse us through any illness, but a broken bone needed a doctor's care.

We were soon bumping along the rough-and-tumble road of the Australian Outback. It was 40 miles to the hospital in Toowoomba. As I lay in the buggy, I glanced at the trees overhead, where the koalas chomped on eucalyptus leaves. Once, Father had to stop as a mother kangaroo, her baby peeking out of her mama's pocket, hopped in front of the buggy, startling the horses.

My arm was a swollen mess when we finally got there. Dr. Aeneas McDonnell's handlebar moustache kept tickling my cheek as he leaned over to cast my wrist.

The good doctor invited me to stay with him and his family while my wrist healed. I peeked into his library and saw volumes of medical books. I gently touched their pages and gazed with fascination at the skeleton hanging by a cord in the corner. When he said I could read his books, I felt he had opened the door to a great adventure. I was only 13, but as I carefully studied book after book, I realized what it was that I wanted to be.

When I was a grown woman and first donned my nurse's uniform, complete with a cap, I smiled at myself in the mirror. I had found my calling. I was proud and happy. But even so, I never realized that it would be I who would help stamp out one of the worst children's diseases that ever was.

One of my first patients was an Aborigine chief. I watched as he painfully hobbled through the rough Australian terrain toward me. He had lost most of one leg. After awhile, I gained his confidence and told him that I could get him a wooden peg leg. He agreed. They called him Waddee Mundooee (wood foot). He began to call me "White Fella Mary."

In what would turn out to be my most important case, I was called to administer to a 3-year-old child. Her name was Amy and I would never forget her. She was screaming and in horrible pain. The problem was in her legs. I needed guidance. So I sent word to my life long friend and advisor, Dr. McDonnell. His answer stunned me: Infantile paralysis and no known treatment.

But I would not give up. I remembered that heat helped to relax muscles. I tore soft wool into strips, soaked them in hot water and put them on Amy's leg. At first, the strips burned, but then, as the heat penetrated, it eased the pain. After the packs, I massaged her tiny leg and eventually, gently began to move it.

Polio or infantile paralysis, as it was called, was a terrible disease in these long ago days. And it was spreading. I developed a treatment of heat, massage, and exercise that was quite successful. I was mocked by most of the doctors, as they treated polio by placing the damaged limbs in stiff, unmovable casts. This often leads to permanent paralysis.

I challenged them to see the patients I had treated who had recovered the use of their limbs. At last, my treatment was accepted.

In 1950, I was named the most admired woman in America.

Addendum: Her name was Sister Kenny and she dreamed of a cure for polio. Dr. Jonas Salk developed his vaccine against polio less than two years after her death. (A vaccine is a scientific preparation that is injected into the bloodstream to prevent a certain disease.) This scientific breakthrough removed the threat of this dread disease from the civilized world.

For more Kids' Reading Room visit latimes.com/kids.p

Sister Kenny: Miracle Worker

Reprinted from <http://www.teachspace.org/personal/research/poliohistory/sisterkenny.html>

Elizabeth Kenny was born in Warialda, New South Wales, Australia in 1886. As a youngster in New South Wales—and later in Queensland—she was very active. When she was in her teens, she broke her wrist during a fall from her horse. Her doctor, Aeneas MacDonald, showed her textbook diagrams of the bones and muscles and how they worked. She was fascinated. She tried to borrow a skeleton, but was unable to, so she rigged one of her own from ropes and pulleys.

She became a bush nurse, traveling through the Australian outback, treating anyone who couldn't get to a doctor. She did everything a physician might do, from setting bones to delivering babies.

In 1911, Kenny arrived at a farm to treat a young girl. She found the girl crippled. Kenny had never seen anything like this. She communicated with Dr. MacDonald, asking for advice. He responded, "It sounds like Infantile Paralysis. There's no known treatment, so do the best you can."

Kenny did. Drawing on her knowledge of the musculoskeletal system, she applied hot packs to the girl's spasming muscles. The little girl recovered. Of the twenty children in the district, the six that Kenny treated survived without complications.

When World War I broke out, Kenny joined the Australian Medical Corps. It was then that she earned the title "Sister." She traveled between Europe and Australia on hospital ships and was wounded in the leg by shrapnel while working at the front.



Kenny returned to Australia after the war and continued to care for patients. She also invented a stretcher designed to transport people in shock. It was called the Sylvia Stretcher, after the young

patient for whom it was designed. Kenny patented the stretcher and earned money from the royalties for many years. In 1933, she used these earnings to open her own clinic for the treatment of polio patients in Townsville, Queensland.

Kenny's method brought her into controversy with the medical authorities in Australia. Common knowledge stated that the stronger muscles pulled on the weakened or paralyzed muscles and created the characteristic poliomyelitic deformities. The accepted practice was to splint the extremities and hold them rigid. Kenny believed that the practice actually produced both the deformities and paralysis. She used hot packs to reduce muscle spasms and the pain they caused. (Although a polio patient lost motor nerves, their sensory nerves were not affected, and they were frequently in extreme pain. Imagine having a leg cramp for several weeks.) She also moved the patient's extremities as if guiding them through physical therapy. Although the patient couldn't work the muscles themselves, the motion helped.



Kenny demonstrates her technique.

In 1940, Sister Kenny and her adopted daughter, Mary, came to the United States. As in Australia, she and her methods were not readily accepted by the American medical community. To some extent, this may have been due to her physical appearance. At 5'8" tall, 154 pounds, wearing large feathered hats that some said made her look like Admiral Lord Nelson, she was an imposing figure in a society that expected women to be quiet and demure. To her patients, however, her physical appearance gave them comfort; she looked like a woman who could take on the dread poliovirus.

She did not let herself be deterred by opposition. Eventually, she was allowed to present at the University of Minnesota. And although her methods were never subjected to strict scientific study, most agreed that the patients in her care did better than those who were splinted. In fact, in the first year after her methods gained wide-spread use, the incidence of residual paralysis dropped from 85% to 15%. Her methods were so successful that people were able to ignore her other controversial ideas, such as her belief that polio was a disease of the muscles rather than the nervous system, and her discouragement of the use of the iron lung except in cases of bulbar (respiratory) polio.

In 1942, Kenny established the Sister Kenny Institute in Minneapolis. In part because of the controversy surrounding her theories, the National Foundation for Infantile Paralysis never supported the Institute, although they did fund both the training of Kenny therapists in at the University of Minnesota and the staffing of therapists in polio wards.

In 1946, Rosalind Russell starred in a movie about Kenny's life. In 1947, so few patients were being treated with splints that 10,000 of them were sold for scrap.

In 1952, Kenny was the most admirable woman in the United States, according to the Gallup Poll, edging out Eleanor Roosevelt, who had held the top spot for twenty years. That same year, during a home trip to Australia, she died. She was seventy-two.

The Sister Kenny Institute is now part of Abbott Northwestern Hospital in Minneapolis. It is still devoted to the rehabilitation of people who suffer from physical limitations because of disease, illness, neurological or neuromuscular problems, injury, or pain. Sister Kenny's methods are still a part of rehabilitative therapy around the world.

Polio survivor: even a mild case affects Ron Kelsey over 60 years later

Ron Kelsey got a mild case of polio when he was about five years old, and thought he had escaped the worst effects. Now 70, he is finding post-polio syndrome still impacts his muscles.

Redwood Falls, Minn. -

Ron Kelsey was one of the lucky ones.

When he got polio as a child in about 1945, he was only knocked flat on his back for a few months.

"There were nine of us in the family, and I was the only want to get polio," he said.

Kelsey grew up on a farm near Lewisville, and myths about polio affected even his play time.

"My mother warned us about playing in certain places on the farm," he said.

"She warned us about playing near the hog shed, or barn. She was afraid we might catch polio from the dirt.

"Polio was a summer disease, and some parents kept their kids inside. They didn't know what caused it.

"I had a mild case. I didn't have to go to the Sister Kenny institute. I could recuperate at home, although they quarantined our farm."

The quarantine meant no one was allowed to visit the farm, and none of Kelsey's brothers and sisters were allowed to leave.

His parents could leave for work since polio was considered a childhood disease, but that was about it.

Kelsey's case was mild, and seemed to affect his upper body more than his lower.

"I couldn't move my head, or my eyes in their sockets," he said. "I remember finally going into the house and telling my mom I could move my eyes."

The doctor made house calls, visiting from Madelia.

"The doctor used to come out to our farm. There wasn't much he could do, except hope it got better," Kelsey said.

"There was no air conditioning in our house, so they put up a tent outside under the maple trees."

Kelsey's father had shown corn at the state fair since 1926, but had to miss it that year — the polio scare was so bad, the state and county fairs were closed.

After decades of thinking he had dodged the polio bullet, Kelsey, who turns 71 this month, finds the after-effects are finally catching up with him.

The polio effects apparently went away completely. Kelsey was able to return to school, where he encountered several children on crutches who had the disease worse than he had.

For 35 years, Kelsey was an ag teacher at the Lamberton schools, and served as Lamberton's mayor for about 20 years without any evidence of polio getting in his way.

"Then, about 10 years ago, I learned about post-polio syndrome," he said. "I was having problems with my legs and feet, and the first doctor I visited didn't know anything about it."

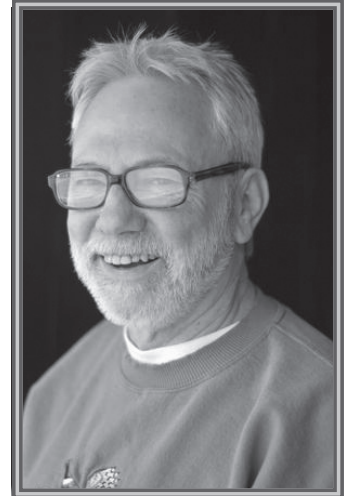
At the time, post-polio syndrome was a fairly new concept, in part because survivors of childhood polio had never lived long enough for it to manifest itself.

"I went to a specialist who confirmed it was post-polio syndrome. She recommended exercise, but not too much since that could damage the affected muscles."

Kelsey also takes multi-vitamins to help stabilize the effects.

Post-polio syndrome doesn't always affect the muscles that were affected by the disease itself.

"Other muscles had to work harder to compensate," Kelsey explains.



Today, there may be many post-polio syndrome sufferers who still have no idea what is affecting them now.

“One of the problems is that it’s been so long since children had polio, (if you’re feeling the symptoms) no one’s going to contact you to tell you what’s happening,” said Kelsey. “You have to do research, and contact the doctors.”

By Joshua Dixon, Staff Writer
Redwood Gazette

Posted May 09, 2011 @10:07

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What is Pain Management?

Pain Management is the act, manner or practice of managing pain, handling or control of an unpleasant sensation occurring in varying degrees of severity as a consequence of injury, disease, or emotional disorder. Treatment for chronic pain is best understood and accomplished by a physician specializing in pain management.

What Is A Pain Management Facility?

It is a facility that specialized in the diagnosis and treatment of pain problems under the direction of a Medical Doctor. A comprehensive history of the pain problem is taken and a complete physical examination is carried out. Any available previous medical records are reviewed and a description of your pain problem is analyzed. Additional studies, such as X-rays, MRI, CT-scan or laboratory work may be ordered to assist in diagnosing the cause of the pain. A treatment plan is then established that is best for your type of pain.

Modern medicine is rapidly advancing. There are many types of treatments available. Pain differs from person to person, so a treatment plan is designed to each individual’s needs. Treatment can include a single approach or a combination of medications, therapies and/or procedures.

How To Locate A Pain Management Physician/Facility.

To locate a pain physician, please visit our Physician Location Directory (Find a Physician). We have listed many physicians and will continue to update as new physicians register. Some of the physicians will have a linked web site where you will be able to find information regarding location of office/s, hours, types of treatment available and other related information.

Please be cautious of online practices - meaning those who practice medicine online without ever seeing the patient in person. In many cases this type of practice is considered unethical and/or illegal. Please check with your state medical board to verify. Be cautious when ask to give copies of your medical records to anyone other than a physician’s office.

Avoid purchasing any drugs from online pharmacies that are not located in the U.S. Many fake drugs are being distributed all over the world. Always use a pharmacy that you are familiar with and trust.

We Are Here To Help.

In an effort to help you better understand your illness/disease, we have provided information regarding chronic pain, history of pain, types of treatments available, helpful medical links, support group information, self-help suggestions and a variety of information that, we hope, will be beneficial. All information provided herein is for educational and informative purposes only. It should not be used for diagnosing or treating any health problem. We cannot provide specific information regarding your condition. You are encouraged to consult your private physician.

There is no miracle cure or magic bullet. Let knowledge become your best friend. The more you know about your illness/disease, the better you will be able to cope with and manage your pain as well as relate to your physician. Working together as a team will yield better results.

We shall try to keep all information provided in an easy-to-understand format, un-congested and easy to navigate.

We welcome your suggestions and/or comments.
Wishing you,

Healthy Blessings

The DoctorsForPain.com Team

Remembering Yvonne Hudson

Yvonne Hudson became involved in the Post Polio Network MB in the late 80's. She was persuaded to become involved by her friend and fellow polio survivor Rose Gulak. Once connected, Yvonne, together with her husband Bill and her caregiver Susan, worked very hard. Yvonne took the lead to organize our very 1st conference when Dr. Owen was our feature presenter from the Sister Kenny Institute in Minneapolis. Subsequent conferences involving Brian Kirk, Lorraine Robertson and Dr. F. Maynard (Ann Arbor) also benefited from the organizational skills of Yvonne. For about six years Yvonne published our newsletter "Polio Post" and assumed the tasks of Membership Chairperson. For the last two years, Yvonne was a "phoner". Yvonne and Bill traveled to at least one GINI conference in St. Louis and brought reports of recent research back to Manitoba.

When Yvonne contracted polio in 1953, she was just recently married, with one small daughter, and were expecting their second child. She gave birth to their son while in the iron lung and with determination and inner strength, managed eventually to move out of hospital and return home.

From their beautiful home in Fort Garry and with the constant assistance of Susan, Yvonne's caregiver, she lived a full and rich life. Yvonne (and Rose Gulak) fought for the first self-managed home care service in Manitoba when they moved from the hospital to home. The polio self-managed program continues to the current day.

I admired Yvonne Hudson and with her death I am very saddened to lose a friend and fellow polio survivor. On behalf of the membership of Post Polio Network, MB, I convey sympathy to Yvonne's husband, Bill, to their family and to Susan Thiessen. ~ Clare Simpson ~

Member's Page

Don't Judge Life by One Difficult Season

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away.

The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall. When they had all gone and come back, he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and twisted.

The second son said, "No - it was covered with green buds and full of promise".

The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen.

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

The man then explained to his sons that they were all right, because they had each seen but only one season in the tree's life. He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up. If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, the fulfillment of your fall.

Moral: Don't let the pain of one season destroy the joy of all the rest.

Don't judge life by one difficult season. Persevere through the difficult patches and better times are sure to come some time or later.
~ Author Unknown ~

ROMANCE

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said: "You used to hold my hand when we were courting.."

Wearily he reached across, held her hand for a second and tried to get back to sleep.

A few moments later she said: "Then you used to kiss me.."

Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep.

Thirty seconds later she said: "Then you used to bite my Neck..."

Angrily, he threw back the bed clothes and got out of bed.

"Where are you going?" she asked..

"To get my teeth!"

A Long Life

A Tough old Albertan cowboy counselled his grandson that if he wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on his oatmeal every morning.

The grandson did this religiously 'til he died at the age of 103.

He left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren and a 15-foot hole where the crematorium used to be.

Do you have an interesting story to tell? Or do you know any good jokes, inspirational or humorous quotes or poems?

Then you are invited to email them to:

postpolionetwork@shaw.ca or mail them to:

Post-Polio Network (Manitoba) Inc.

C/O SMD Self-Help Clearinghouse

825 Sherbrook Winnipeg, MB, R3A 1M5

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C/O SMD Self-Help Clearinghouse
825 Sherbrook Street
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Membership Application Form

Name: _____

Address: _____

City: _____ **Province:** _____ **Postal Code:** _____

Telephone: _____ **Fax:** _____ **E-mail:** _____

Please check one or more of the following options:

☐ **New Membership - \$10/year**

☐ **Membership Renewal - \$10/year**

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☐ **I would like a copy of the newsletter sent to:**
(My doctor, therapist or other individual at the address below)

Name: _____ **Profession:** _____

Address: _____ **City:** _____ **Province:** _____

Postal Code: _____ **Telephone:** _____

Please make cheque payable to the Post-Polio Network (Manitoba) Inc. and mail to the address listed above.

Membership Renewal

2012 is fast approaching and we should be renewing our memberships. The fee is \$10.00/ year. Please check your mailing label on your envelope. If your mailing label indicates 2013 or greater, your membership is up to date.

If the date is 2011 or 2012, please renew.

Thank you ~ The Polio Post editorial team~

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