

# POLIO



# POST

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You may visit our website at [www.postpolionetwork.ca](http://www.postpolionetwork.ca) or email us at [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com)

## *President's Report October, 2015*

*Thanksgiving is over; Halloween is around the corner; so winter is on her way.....brrrrr.*

This is our last newsletter for 2015 and I have to say that it's been a great year. The programs and presenters at our general meetings this year have been outstanding. Meeting highlights are available on the website.

The highlight for 2015 was our triennial conference on the "Physical and Psychological Aspects of Aging with Post Polio Syndrome". Congratulations to the conference planning committee on a great conference and thanks for all your hard work. The speakers were informative and approachable. Thanks to Dr. C. Vandenakker and Ms. M. Cooper for taking time out of their busy schedules to share their expertise with us. Both PowerPoint presentations are available on the website. [www.postpolio-network.ca](http://www.postpolio-network.ca).

Grey Cup is in Winnipeg this year. Not too sure if our Bombers are going to make it; but, it will still be a great game. Thanks to all who have supported the Grey Cup pool ticket drive as this is our major funding source. A special thanks to Linda for all her hard work. If you haven't purchased your tickets there is still time. Leave Linda a message at 204 975-3037 and she'll call you back.

### **Please mark your calendars for our last two meetings of the year:**

- ~ On Oct 27th, Hope International will be making a presentation about their work in third world countries.
- ~ This year we are planning a celebration get-together for the November general meeting at the Katherine Friesen Centre. We can celebrate all upcoming Holidays, and have a "See you in the Spring" party. Come and join us for food, games and merriment. Please note the earlier date for this event is Tuesday, November 17, 2015 at 1 p.m.

Thanks to the executive for their hard work over the past year. The PPN and its members appreciate your commitment. We are looking for volunteers to help out. If you have time, please let us know. It's the volunteers that keep our Networking going.

**REMINDER: Membership fees are due the first of January 2016.**

**Please ensure that you forward membership dues as soon as possible.**

## ***Don't Blame Post Polio Syndrome for Everything***

*Post Polio Syndrome can mask life threatening health problems like heart disease.*

*By Stephen Pate*

Post Polio Syndrome can dominate your life but it may not be your only health problem. In fact, post polio can mask life threatening issues.

Fatigue and shortness of breath are also signs of coronary heart disease or CHD. Arteries clogged with cholesterol reduce the amount of oxygen in the blood and create weakness, shortness of breath and muscle pain in the extremities like arms and legs. Fatigue is symptomatic of a Post-Polio diagnosis. Certainly PPS can also contribute to deconditioning and more weakness. However, the cause of new weakness and pain may be "cardiovascular disease....caused by narrowed, blocked or stiffened blood vessels that prevent your heart, brain or other parts of your body from receiving enough blood".

An ounce of prevention is worth a pound of cure. Getting a proper diagnosis before a heart attack is better than after. First, some heart attacks kill you without warning. Secondly, even if you survive a heart attack, the recovery process is long and slow. If you find it hard to climb a ladder or do tasks that previously were possible, you may have CHD and be a heart attack candidate. See your doctor and get your cholesterol, blood pressure and other indicators checked. The traditional tests for heart attack or CHD are poor predictors of heart attacks. Everyone knows someone who passed their stress test and died within months from a massive fatal heart attack. There is a new test that can more accurately predict your heart condition called the Coronary Calcium Scan. Like an MRI, it can predict if you have a build-up of plaque in your arteries and risk a heart attack.

If you have Post Polio Syndrome and dependant on a wheelchair or crutches for mobility, it is highly likely you are at risk. Our bodies are meant to be in motion and that becomes more difficult for PPS sufferers. There are things you can do to avoid a heart attack like take statins and blood pressure medications, get rid of the stress in your life, lose weight to shed those dangerous extra pounds and try to get into an exercise program.

*From: Volume 5, Issue 3, Polio Oz News Australia, September 2015*

<http://www.oyetimes.com/lifestyle/daily-life/85251-don-t-blame-post-polio-syndrome-for-everything>

## **WRHA HEALTHY AGING RESOURCE TEAM**

**The Healthy Aging Resource Teams are committed to:**

- Promote health
- Manage chronic disease
- Prevent injury and illness
- Provide health programs
- Promote independent living and
- Work with communities.

The teams are made up of two health care professionals such as a nurse, occupational therapist, or dietician. They provide health services and community support for those 55+ living in the River East/Transcona, St. James/Assiniboia/Assiniboine South and Downtown/Point Douglas areas. Download the 'Living Well at 55+' brochure.

**The Healthy Aging Resource Teams can help you:**

- Find resources
- Maintain and improve your health
- Provide information about health services and
- Learn about healthy living

No referrals are necessary and the Healthy Aging Resource Team can help anyone 55+ residing in the community area they serve.

## *Summary of Poliovirus Genome in Patients with Post-Polio Syndrome*

*Article from Post-Polio Health International, summer 2015 Joan L. Headley, executive director*

In late 2013, PHI awarded \$100,000 to the team of Antonio Toniolo M.D. in Varese Italy to expand its search for poliovirus genome in various populations. The goals are to complete the systemic search for poliovirus genome in various populations (PPS subjects included), and to verify if poliovirus genomes exist in polio survivors with no PPS.

Since effective treatments for PPS are still missing, identification of chronic poliovirus carriers might indicate the need of treatment with human immunoglobulins or antiviral drugs. The team will evaluate if anti-polio virus antibodies may be effective in blocking the poliovirus strains derived from PPS patients. If positive, the results of the above tests will allow the team to propose “specific serotherapy” for treatment of PPS

## *Multicenter, Multi-Country Study Underway*

*Article from Post-Polio Health International, summer 2015 Joan L. Headley, executive director*

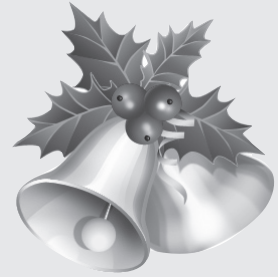
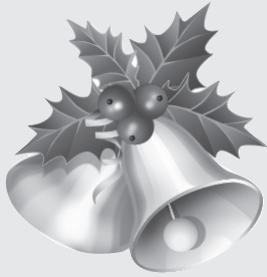
The study (in 23 centres) 4 in the U.S., 2 in Canada, and several in Europe, will be conducting clinical trials to assess the efficacy and safety of intravenous Immunoglobulins in patients with PPS.

Principal investigator Dr. Marinos Dalakas, Professor of Neurology at Thomas Jefferson University Hospital, Philadelphia, states: “This is the most promising study ever conducted in PPS because it uses a multi-potent drug that works in many different ways to safely modify the immune system, as has been successfully applied in many different autoimmune neuromuscular diseases. Even though PPS is not technically an immune disease, a number of immune factors seem to play a role. Further, this is the only study ever conducted in PPS that examines the long-term effect of such a drug.”

To learn more about the study, the specific centers, and principal investigators in each city, visit <https://clinicaltrials.gov/ct2/show/study/NCT02176863#contacts>.

### **\*Membership Alert\***

**Our Post-Polio memberships are due January 2016.  
Please check the front of your newsletter envelope.  
If the date is 2016 – your membership is due.**



# Holiday Gathering

Tuesday, November 17th, 2015

Katherine Friesen Centre

940 Notre Dame Ave.

Doors open from 1:00 - 2:30

Come join us for merriment, food & drinks

If you wish to take part in the gift exchange,  
please bring a gender neutral gift of \$10 value.



*These are from our Sept 21, 2015 conference*  
**“Physical and Psychological Aspects of Aging with PPS”**

## ***This and That***

### **OCTOBER IS POLIO AWARENESS MONTH**

*There are approximately 31,000 Canadian polio survivors, living with the after effects of polio, Post Polio Syndrome. The last reported case in Canada was in 1988. In 1994, WHO declared that Polio was eradicated in Canada.*

## **F Y I**

### **On The Eradication Front:**

Global eradication of wild poliovirus type 2 declared! The last detected WPV2 dates to 1999, from Aligarh, northern India.

### **Cruisin' With Seniors:**

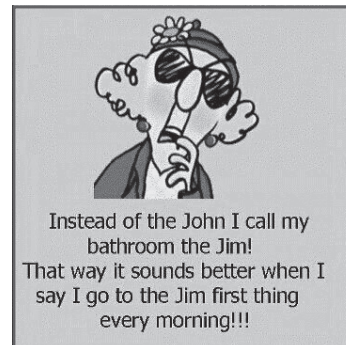
Accompanied Transportation / Operating Hours  
7:30am to 5:30pm Monday to Friday.  
Call for your flat rate quote today! 204-963-3438  
or find us at [www.cruisinwithseniors.com](http://www.cruisinwithseniors.com)

### **Conference Transcripts:**

If you would like a printed copy of the presentations at the 2015 Conference please put in your request by calling 204-975-3037.  
There will be a \$10 fee to cover the cost of processing and postage.

### **WHO Removes Nigeria from Polio Endemic List:**

After three years have passed without a case of wild poliovirus on the continent official 'certification' of polio eradication will be conducted at the regional level in Africa.



### **The next General Meeting**

will be October 27th



Topic:



"Hope International"

at the Katherine Friesen Centre

940 Notre Dame Ave 1-2:30 pm

*In memory of David Schroeder who passed away on September 27th at age 91 years. He and his wife Mildred often attended our meetings and social events.*

### ***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@gmail.com](mailto:postpolionetwork@gmail.com) or mail them to:

Post-Polio Network (Manitoba) Inc.

C/O SMD Self-Help Clearinghouse

825 Sherbrook Winnipeg, MB, R3A 1M5

***REMEMBER: This year's flu vaccine is expected to be a 'good match'  
(from the Medical Minute)***

***SO PLEASE GET YOURS ASAP***



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## **Membership Application Form**



**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Province:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Please check one or more of the following options:**

☐ **New Membership - \$15/year**

☐ **Membership Renewal - \$15/year**

**I wish to make a charitable donation of \$**

**(Tax deductible receipt will be issued.)**

***Please make cheque payable to:***

***Post- Polio Network Mb. Inc. and mail application form and cheque to:***

***Post-Polio Network, 825 Sherbrook St., Wpg. Mb. R3A 1M5***

***For further information please phone 204-975-3037***

## **Post-Polio Network's Privacy Policy**

The Post-Polio Network (Manitoba) Inc. respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists. The information provided will be used to deliver services and to keep you informed and up to date on the activities of the Post-Polio Network (Manitoba) Inc.

**You may visit our website at:**

**www.postpolionetwork.ca or email us at [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com)**