

# POLIO



# POST

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*October 2019*

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## **Presidents Report October, 2019**

Hope that everyone had a good summer. It seems that Fall has arrived early this year; sure hope that this isn't a harbinger for a long cold winter.

World Polio Day is celebrated on **October 24th**. World Polio Day was established by Rotary International to commemorate the birth of Jonas Salk, who led the first team to develop a vaccine against poliomyelitis. World Polio Day celebrates the progress of the widespread use of safe and effective vaccines toward eradication of polio and the people who make it possible by getting their own children vaccinated and those working to reach every last child until no child's future is threatened by the crippling impact of this disease.

There has been correspondence with the Department of Health, Seniors, and Active Living regarding compulsory vaccination for school aged children. After two letters, the response was not very satisfactory.

Here is the response from the Assistant Deputy Minister:

*"Dear CA. Currie:*

*Your correspondence has been referred to me for response on behalf Minister of Health, Seniors and Active Living, Cameron Friesen. Thank you for expressing your opinion regarding mandatory vaccinations for school aged children. I commend the Past Polio Network for its advocacy efforts and the valuable support it provides."*

Four of us attended March of Dimes Accessibility Conference on September 20th; there were two programs that were of great interest to us. Both of these programs are being brought to Winnipeg for Manitobans. These programs were: Design Ability and Accessible Travel Program. Design Ability matches skilled volunteers with consumers facing unique physical barriers in order to create or modify devices to increase independence. The Accessible Travel Program takes care of all the logistics for planned holidays or day trips. We will advise you of any further information.

**\*\*REMEMBER** that the **membership fees** are due January 2020 and please RSVP to November Celebration Luncheon by November 19<sup>th</sup>, 2019.

# Propaganda Against POLIO VACCINE

From: [www.asianage.com](http://www.asianage.com) — August 28, 2019

**Islamabad:** Rumours swirled over social media that a one-year-old girl had died after she was administered with the polio vaccines. As per the autopsy report, the girl died due to suffocation as a peanut got stuck in her throat.

Facebook has blocked at least 31 accounts which were reportedly involved in spreading "propaganda" against polio vaccination in Pakistan.

This comes after Imran Khan-led PTI

government in Pakistan requested the social media giant to take action against the accounts.. Just after getting the report we contacted Facebook and officially launched a campaign against those accounts which were involved in propaganda against the vaccine," he said.

While 58 cases have been confirmed in the South Asian country until now in 2019, only 12 and eight cases were confirmed in 2018 and 2017, respectively.

## Philippines Declares Polio Outbreak After 19 Years Free of the Disease

Excerpt from New York Times (Asia Pacific) September 19, 2019

**M**ANILA — The Philippines on Thursday announced an outbreak of polio, 19 years after the World Health Organization declared the Southeast Asian country free of the infectious disease.

Health Secretary Francisco Duque said government scientists have confirmed the "re-emergence of polio" after one case in the southern province of Lanao del Sur and another suspected case of the disease. He blamed "poor immunization coverage," a lack of sanitation and proper hygiene and poor surveillance by health workers as among the

reasons the disease returned. Despite aggressive eradication efforts around the world, the disease has hung on in a handful of countries and even gained a stronger foothold in some, like [Pakistan and Afghanistan](#). There are currently cases this year in several African countries, such as [the Central African Republic and Somalia](#). The W.H.O. and UNICEF will be working with the health department on a "rapid response" to curb the outbreak. It will include a series of oral polio vaccinations to protect every child under the age of 5 years in areas at risk, beginning next month.

# Focus on Your Breath

by Paul Cavendish, Clinical Health Educator

Article from: Polio Australia, Vol. 9, Issue 3, September 2019

It is often taken for granted that we can breathe well and that ‘other demands’ can make us tired. But this is not always the case. We can have respiratory problems at rest, with exertion, and during sleep. Describing to your GP your symptoms (e.g. patterns at the beginning or end of the day) will help them to identify the best assessment and any other underlying factors to consider. How can polio history affect breathing? The poliovirus can weaken muscles that help us breathe in and out. The diaphragm sits at the top of the rib cage to push down and open space up for our airways to fill. Our abdominal, chest and neck muscles also assist to get air in and out of our body. Damage to the muscles may lead to restriction in breathing. Our posture plays an important part in how we breathe. Muscle weakness may create curvature of the spine – either a hunch, or excessive bending to a side. This posture can impact lung function. An unknown percentage of people had bulbar polio. This refers to damage, or lesions, at the brain stem. A common area that is affected is the message to take in a breath of air. This can reduce (rather than stop) our inhalation. What are some signs we may need a review? · Sleepiness Feeling sleepy all the time, especially when you wake up. While this may be due to poor sleep practices, waking up throughout the night may be a sign of low oxygen levels.

· Headache at the end of the day If you notice you seem to be short of breath, and develop a headache (regardless of activity levels), this may be a sign of fatigue. · Shortness of breath There are two parts to our breathing – getting air in and getting air out. There are many reasons why either the breath in or out can be difficult. If you had any problems with breathing during the initial polio infection/recovery, this puts you at increased risk for difficulties again later in life. Common Tests for Breathing Function A: spirometer measures the amount of air you can breathe in and out, and also how quickly you are able to breathe out. This is performed several times. With polio survivors, it is recommended all results, rather than just the best, be recorded in case there is breathing muscle fatigue. The diaphragm is an important muscle to check if it is functioning adequately. Sometimes when there is partial weakness or paralysis of the diaphragm, people do not have shortness of breath at rest (only during activities). A chest XRay is often used to identify a raised diaphragm position. Confirmation is often made by a subsequent ‘sniff-test’; a fluoroscopy radiograph identifies the diaphragm raising rather than lower with a breath in. Ultrasound can also be used to detect this. A sleep test is often required to check you are getting enough oxygen throughout the night.

# Members Page

## Upcoming Events

### 1. October General Meeting

DATE: **October 29<sup>th</sup>**, 2019

LOCATION: Caboto Centre  
1055 Wilkes Ave; WPG

TIME: 1:00 p.m. – 2:30 p.m.

TOPIC: Manitoba changes through  
the years

SPEAKER: Dr. Gordon Goldsborough  
Researcher, U. of Manitoba

### 2. November Winter Celebration Luncheon

DATE: **November 19<sup>th</sup>**, 2019

LOCATION: Caboto Centre  
1055 Wilkes Ave; WPG  
11:30am -- 2:00pm

RSVP required by

**November 12<sup>th</sup>**, 2019

TELE: 204-975-3037

EMAIL: [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com)

## Words To Live By

“Never forget where you've been. Never lose sight of where you're going. And never take for granted the people who travel the journey with you.”

"The best and most beautiful things in the world cannot be seen or even touched... They must be felt within the heart

## 10 REASONS WHY ENGLISH IS WEIRD

by Marlene Davis



1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We most polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his desert in the desert.
7. Since there is not time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.

### ***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

# The Late Effects of Polio: An Overview

Excerpt from: Post Polio Health International, Vol 32, No.2

WHO estimates there are 20 million people worldwide with some degree of disability caused by poliomyelitis. A 1996 National Center for Health Statistics survey reported a preliminary estimate of one million survivors in the United States. About 450,000 of them reported paralysis resulting in some form of impairment. For years most of these polio survivors lived active lives, their memory of polio long forgotten, their health status stable. By the late '70s, polio survivors were noting new problems of fatigue, pain, and additional weakness. By the mid-'80s, health professionals and policymakers recognized these new problems as being real and not "only in the patients' minds." Studies on this phenomenon called "post-polio syndrome" have been – and are still being – conducted in research institutions and medical centers.

## **The survivors of poliomyelitis may experience symptoms that include:**

- ✦ Unaccustomed fatigue – either rapid muscle tiring or feeling of total body exhaustion
- ✦ New weakness in muscles, both those originally affected and those seemingly unaffected
- ✦ Pain in muscles and/or joints
- ✦ Sleeping problems
- ✦ Breathing difficulties
- ✦ Swallowing problems
- ✦ Decreased ability to tolerate cold temperatures

Decline in ability to conduct customary daily activities such as walking, bathing, etc.

These general symptoms are experienced in varying degrees, and their progression can be insidious. They should not be dismissed simply as signs of aging alone. Current research indicates that the length of time one has lived with the residuals of polio is as much of a risk factor as chronological age. It also appears that individuals who experienced the most severe original paralysis with the greatest functional recovery are having more problems now than others with less severe original involvement.

## **As the first step in management...**

Polio survivors should undergo a complete, general medical evaluation by a primary care physician and a specialized neuromuscular evaluation by a knowledgeable and experienced polio specialist to establish a baseline from which to judge future changes and to develop an appropriate treatment plan. Polio survivors should first and foremost take care of their health by seeking periodic, basic medical attention. Be nutrition-wise, avoid or reverse excessive weight gain, and stop smoking or over-indulging in alcohol.

Polio survivors should listen to their bodies. Avoid activities that cause pain - pain is a warning signal. Avoid unrestrained use of pain killers, especially narcotics. Do not overuse muscles but do continue activity that does not worsen the symptoms. In particular, do not over-exercise or continue to exercise through pain. Avoid activity that causes fatigue lasting more than ten minutes.

Polio survivors experiencing symptoms should pace themselves in their daily activities, resting when tired. Stop for a 15- to 30-minute rest when needed, perhaps several times a day. Management may include the increased use of assistive devices. A change of equipment or new bracing may be recommended.

Polio survivors should educate themselves, their families, and if need be, their health professionals.

## **Rotary Ride For Polio October 24, 2019 7:15 pm Winnipeg Winter Club**

Rotary Club has a fund raising event to help support their efforts to eradicate Polio worldwide.

**DATE:** October 24<sup>th</sup> **TIME:** 7 pm to 9pm

**LOCATION:** The Winnipeg Winter Club **COST:** \$ 15.00

200 River Ave., Winnipeg

There will be teams of 4 riding stationary bikes and raising funds for the Rotary Polio eradication program. Each team will ride for 1 hour meaning each rider for 15 minutes.

For further information and or interested in attending, please contact:

Nancy Cosway, Community Services Director

Rotary Club of Winnipeg

EMAIL: [ncosway@mts.net](mailto:ncosway@mts.net)

TELE: 204 792 6503

## **Passages**

We have lost three long time members of the Post Polio Network.


We would like to express our condolences to the families and friends of:

1. Mr. Arthur Gillman who passed away on May 30<sup>th</sup>.
2. Mrs. Luisa Baydack who passed away on June 2<sup>nd</sup>.
3. Mr. Gersh Sucharov who passed away on July 17<sup>th</sup>.



# Winter Holiday Celebration Luncheon



**DATE:** *TUESDAY, NOVEMBER 19<sup>th</sup>, 2019* 

**TIME:** *11:30 a.m. - 2:00 p.m.* 



**WHERE:** *Caboto Centre* 

*155 Wilkes Ave., Winnipeg* 

*RRSP by November 12<sup>th</sup> 2019 (need to advise caterer number of attendees)*

**EMAIL:** [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com) or 

*TELE: 204 975-3037 or MAIL to: Post Polio Network,  
825 Sherbrook Ave., Winnipeg MB R3A 1M5*

**COST:** *\$10.00 for MEMBERS \$15.00 for GUESTS*

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

No. of persons attending: \_\_\_\_\_ member(s) \_\_\_\_\_ guest(s) 

Please list any food allergies:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Payment enclosed: \_\_\_\_\_ yes \_\_\_\_\_ no



# 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 \_\_\_\_ for 20 \_\_\_\_

Membership Renewal - \$15/year \_\_\_\_ for 20 \_\_\_\_

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

*(Tax deductible receipt will be issued for donations over \$10.00.)*

Total \$ \_\_\_\_\_

*Please make cheque payable to: Post- Polio Network Mb. Inc.*

*Your NEWSLETTER delivery preference by: \_\_\_\_ mail or \_\_\_\_ email*

*Please mail this application form and cheque to:*

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

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

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

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

If at any time you wish to opt out of any services, simply contact us by phone (204-975-3037) or write us at 825 Sherbrook St., Wpg. Mb. R3A 1M5 and we will gladly accommodate your request.