



POLIO PERSPECTIVES

VOLUME 9 NUMBER 3
AUTUMN 1994

PROMOTING UNDERSTANDING THROUGH THE MICHIGAN POLIO NETWORK, INC. SINCE 1986

BEFORE YOU OR YOUR CHILD GETS A DOSE OF POLIO VACCINE

In 1952, over 20,000 people were paralyzed by polio. Because of the polio vaccine, few cases of polio are currently noted in the U.S. The benefits of polio vaccine outweigh the risks of the vaccine. Most vaccine reactions are mild. A few people may get very sick following vaccination. There are two kinds of polio vaccine. Read over this sheet and talk to your nurse or doctor.

**Vaccination
of the child
should not
be delayed.**

POLIO - a very dangerous viral disease that can cause paralysis (inability to move arms, legs or breathing muscles). A mild case has fever, sore throat, stomach-ache and headache. No drugs will cure polio. Most people are left with muscle weakness for the rest of their lives. Other countries still have

thousands of cases each year. Our children must be protected from those who bring polio from other countries.

VACCINES - Two types: OPV (Oral Polio Vaccine) is a live, weakened polio virus given as drops into the mouth; IPV (Inactivated Polio Vaccine) is a killed polio vaccine given as a shot. Ninety out of 100 people who receive 3 doses of OPV or IPV will be protected. For healthy children under 18 years old, experts recommend OPV because it's easier to take and more effective. To be protected, get 4 doses of

polio vaccine. Another dose may be given if polio is in your neighborhood or you are traveling to another country where polio is common. If an adult has never had OPV, he or she should get 3 doses of IPV before traveling, if time permits.

RISKS OF VACCINES - Both vaccines cause problems in very few people.
OPV -

- ◆ Rarely causes polio in the person getting the drops.
- ◆ Chance of being paralyzed is higher after getting the first dose than later doses. Paralysis after the first dose occurs in 1 1/2 million doses. Paralysis after later doses happens once for every 40 million doses given.
- ◆ OPV very rarely causes polio in people not protected against polio who are in close contact with the person who gets the vaccine.
- ◆ The chance of a person in close contact with the one who gets the vaccine becoming paralyzed is higher after the first dose (one for every 2 million doses) than later doses (one for every 14 million). Any non-polio protected adult household contact of a child receiving OPV should consider being vaccinated with IPV before or at the same time as the child. Vaccination of the child should not be delayed. Talk with your doctor or nurse.

--See Vaccine, Page 8

TEST YOUR POLIO KNOWLEDGE

Answer TRUE or FALSE to each of the following questions. Check your knowledge of Polio facts by comparing your answers to the list at the foot of this article. No cheating, now.

1. The late effects of polio are primarily from aging.
2. All polio survivors will get the post-polio syndrome.
3. Muscles which are becoming weaker should be put on a vigorous exercise program to increase strength.
4. The Sabin (live, inactivated) vaccine is thought to give more lasting protection to polio than the Salk (killed) vaccine.
5. Un-immunized adults should receive the Salk (killed) vaccine instead of the Sabin (live, inactivated) vaccine.
6. Marked fatigue occurring after moderate activity is often one of the symptoms of the post-polio syndrome.
7. The late effects of polio are related to Amyotrophic Lateral Sclerosis (Lou Gehrig's disease).
8. Muscle pain or aching may be one of the symptoms of the post-polio syndrome.
9. The post-polio syndrome usually progresses slowly.
10. Muscles affected by polio which are graded "normal" or "good" during muscle testing may actually be much weaker than they appear to be.
11. The late effects of polio are from the polio virus becoming active again.
12. Vigorous exercise can cause weak muscles to become weaker.
13. Hypersensitivity of limbs to cold temperatures may be one of the late effects of polio.
14. The late effects of polio are thought to be the result of chronic high intensity use of weakened muscles.
15. Only muscles that were clinically affected by polio become weaker.
16. Because of the vaccines, there are almost no new cases of polio in the world.
17. The occurrence of late symptoms, many years after polio, has appeared in medical literature only in the past few years.
18. Some research has found that even muscles that are not getting weaker show signs of enervation (partial loss of nerve supply.)
19. In acute polio, most of the motor neurons in the spinal cord tend to be affected, even though there may be little paralysis.
20. Polio is the number two cause of paralysis in America, second only to stroke.
21. Polio is one of the oldest diseases known to man.
22. Paralytic polio usually occurs only in young children.
23. All cases of polio result in paralysis.
24. The post-polio syndrome is not usually life-threatening.

Answers:

1.F 2.F 3.F 4.T 5.T 6.T 7.F 8.T 9.T 10.T 11.F 12.T 13.T 14.T 15.F 16.F 17.F 18.T 19.T 20.T 21.T 22.F 23.F 24.T

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 GLEANINGS Feb '92

Editor:	Myron Oleksa
Associate Editor:	
Features:	
Typist:	Lorraine Frances Dietlin Fradle
Photographer:	
Advertising:	Myron Oleksa

POLIO PERSPECTIVES is published four times a year by MICHIGAN POLIO NETWORK, INC. Personal experiences, triumphs and tragedies with the medical community and any other information which would be of interest to Michigan's more than 15,000 post-polios are welcome. Send to: **POLIO PERSPECTIVES**, 2877 South Etnis, Ithaca, MI 48847-9617.

THE MIGHTY GRIPPER

The "Mighty Gripper" made by Compac Industries Inc., PO Box 29663, Atlanta, GA 30359; (404) 321-5270, is a thin waffle-like sheet that prevents objects from slipping and sliding. You can use the gripper to hold and twist open jar lids. Or use the gripper to keep the floor mat or throw rug in place. The 5"x5" sheets can be cut to fit any size or shape. A package of four (4) was bought at a discount department store for about \$12.00.

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Phyllis Daenzer
771 Hollywood Dr
Owosso, MI 48867-1109
(517) 723-8369 (r)

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22803 Clearwater Ct Apt 106
Novi, MI 48375-4656
(313) 000-0000

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(517) 869-2352 (r)

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PERSONAL POST-POLIO EXPERIENCES

Sharing our experiences with each other helps many of us understand we are not alone in the post-polio experience. We invite you to share your polio/post-polio story, either positive or negative, with us. Representative letters will be printed in future issues of *POLIO PERSPECTIVES*. We will withhold your name and/or address upon request, but all correspondence must include your name and address. Our address is:

POLIO PERSPECTIVES
PERSONAL POST-POLIO EXPERIENCES
 2877 South Ennis, Ithaca, MI, 48847-9617.

* * * * *

POLIO PERSPECTIVES:

You all are doing a fantastic service to all Polio Survivors.

Thank you. God bless you all.

--Lenore Kalem
 Santa Maria, CA

* * * * *

POLIO PERSPECTIVES:

My subscription to *POLIO PERSPECTIVES* was due for renewal in April but I did not receive notice for renewal, therefor I am forwarding a check for \$20.00 for my own membership plus \$10.00 to be used at your discretion.

Thank you.

--Virginia Liebaert
 St Clair Shores, MI

* * * * *

POLIO PERSPECTIVES:

Please send a sample newsletter. I have enclosed a self-address envelope for that purpose.

We may want to subscribe even though we don't live in Michigan.

Your newsletter may be helpful and be added to our support group library.

Thank you!

--Helen Cason
 Powell, TN

* * * * *

POLIO PERSPECTIVES:

I am writing to thank all the people in the Michigan Polio Network for their hard work and the help they have given me. It is easy to find a friend when times are good but it takes special people to be a friend when you need a helping hand.

I would especially like to thank Jerry Hazel for representing me in my case to the Social Security Administration over the last eighteen months. Thanks for being there for me when I needed it most.

--Donald A Jarratt, Sr
 Three Rivers, MI

It is
 easy to
 find a
 friend
 when
 times
 are good.

THANKS!

These folks have opened their hearts and checkbooks to the Michigan Polio Network and to post-polios who cannot afford subscriptions to **POLIO PERSPECTIVES**. The helping hand you've offered is neither unseen nor unappreciated. Remember, all donations are tax deductible. Tax ID is #38-2661358.

*In Loving Memory of
Helen Katherine
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**The
choice
is
yours.**

Self-Identified Post-Polio Physicians

The Michigan Polio Network, Inc. has compiled a partial list of Michigan physicians who have voluntarily identified themselves to the Network's Professional Advisory Committee as knowledgeable in the diagnosis and/or management of the late effects of polio. The publication of this list does not constitute endorsement by Michigan Polio Network, Inc. of any of these physicians. If you have problems with these or other physicians, please send your specific criticism to *POLIO PERSPECTIVES*, 2877 S Ennis Rd, Ithaca, MI 48847-9617.

ANN ARBOR

William Waring, M.D., U of M Medical Center, 1500 E Medical Center Drive, Box 0042, Room 1D204B & C, Ann Arbor, MI 48109-0042 [(313) 936-7210]. Specialty: physical medicine and rehabilitation. **Post-polio clinic on Tuesdays.**

BINGHAM FARMS

Gary Chodoroff, M.D., 31500 Telegraph Rd Suite 130, Bingham Farms, MI 48025 [(313) 647-1470]. Specialty: physical medicine and rehabilitation.

BLOOMFIELD HILLS

Young Seo, M.D., 1695 Woodward Ave Suite #102, Bloomfield Hills, MI 48302 [(313) 334-6460]. Specialty: physical medicine and rehabilitation.

COLDWATER

A. M. Manohar, 87 W Pearl St, Coldwater, MI 49036 [(517) 278-7122]. Specialty: orthopedic surgeon.

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Adel El-Magrabi, M.D., Harper Professional Office Bldg., 4160 John R, Suite #802, Detroit, MI 48201 [(313) 833-1988].

Steven Hinderer, M.D. & Frank Blumenthal, M.D., Rehabilitation Institute of Michigan, 261 Mack Blvd, Detroit, MI 48201 [(313) 745-9733]. Specialty: physical medicine and rehabilitation.

Maury Ellenberg, M.D. & Dong

W. Lee, M.D., Sinai Hospital of Detroit, 6767 W Outer Drive, Detroit, MI 48235 [(313) 493-6554 Appointments (313) 493-6300]. Specialty: Physical medicine and rehabilitation.

EAST LANSING

Michael T. Andary, M.D., M.S.U. Clinical Center, 138 Service Rd Suite A-114, East Lansing, MI 48824-1313 [(517) 355-7648]. Specialty: physical medicine and rehabilitation.

Melissa Moon, D.O., 702 W Lake Lansing Rd Suite 4, East Lansing, MI 48823-1446 [(517) 336-9090].

GRAND RAPIDS

Sam Ho, M.D., 350 Lafayette SE, Grand Rapids, MI 49503 [(616) 459-0810]. Specialty: physical medicine and rehabilitation.

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Christian Vandenberg, M.D., Benjamin Bruinsma, M.D. & Michael Jakubowski, M.D., 350 Lafayette SE, Grand Rapids, MI 49503 [(616) 459-1805].

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Dennis A. Jewett, M.D., Midwest Neurology, P.C., 575 W Crosstown Pky, Kalamazoo, MI 49008 [(616) 388-5037]. Specialty: neurology.

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Michael J. Coyne, M.D., Marquette Medical Center, 1414 W Fair Ave, Marquette, MI 49855 [(906) 225-3914]. Specialty: physical medicine and rehabilitation.

MARSHALL

Paulino Chan, M.D., 105 N Jefferson, Marshall, MI 49068 [(616) 781-2250 or (616) 781-4545]. Specialty: internal medicine.

MIDLAND

Surenda Kaul, M.D. & David Schaffert, M.D., 555 W Wackerly St-Suite 3625, Midland, MI 48640 [(517) 835-8625]. Specialty: neurology.

MOUNT CLEMENS

James Stanton, M.D., Gratiot Orthopedic Clinic, 319 N Gratiot, Mt. Clemens, MI 48043-5797. (313) 469-3500. Specialty: orthopedics.

NOVI

Mav Sanghvi, M.D., Novi Medical Center, 41431 W Ten Mile Rd, PO Box 305, Novi, MI 48376-0305 [(313) 349-5011]. Specialty: orthopedics.

PONTIAC

Joseph G. Gough, M.D., St John's Hospital, 900 Woodward, Pontiac, MI 48341 [(313) 858-6112]. Specialty: physical medicine and rehabilitation.

Kenneth J. Richter, D.O. & Timothy Sesi, D.O., 888 Woodward, #304, Pontiac, MI 48341 [(313) 858-3949]. Specialty: physical medicine and rehabilitation.

ROYAL OAK

Myron LaBan, M.D., Sherry Viola, M.D. & Ronald Taylor, M.D., Beaumont Hospital, 3535 West 13 Mile Road, #437, Royal Oak, MI 48073-6703 [(313) 288-2210]. Specialty: physical medicine and rehabilitation.

SAGINAW

Kevin Brown, D.O., Medical Arts Bldg., 4677 Towne Centre Dr Suite 102, Saginaw, MI 48604 [(517) 791-4883]. Specialty: physical medicine and rehabilitation. Post-polio clinic.

SOUTHFIELD

Elizabeth W. Edmond, M.D., 20905 Greenfield, Southfield, MI 48075 [(313) 569-0290]. Specialty: physical medicine and rehabilitation.

THE VALUE OF A SMILE:-

It costs nothing, but saves much.

It enriches those who receive, without impoverishing those who give.

It happens in a flash, and the memory of it sometimes lasts forever. None is so rich that he can get along without it; none so poor that he is not enriched by it.

It creates happiness in the home, fosters good will in business and it is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sick; and Nature's best antidote for trouble.

Yet it cannot be bought, borrowed or stolen for it is something that is of no earthly good to any one until given away. If you meet folks who are too burdened with grief or worry to smile, just give them one of yours.

For nobody needs a smile so much as those who have none left to give.

QUALITY:

To attain excellence, you must...
 Care more than others think is wise,
 Risk more than others think is safe,
 Dream more than others think is practical.

Author Unknown



POLIO PERSPECTIVES

Each edition of your **POLIO PERSPECTIVES** costs hundreds of dollars for printing and mailing. We can afford to send you only one complimentary copy. Please fill out the application form at the right and send it, along with your dues and donation (Thank you!), to MICHIGAN POLIO NETWORK, INC., 2877 S Ennis Rd, Ithaca, MI 48847-9617. If you cannot afford membership dues, mark the appropriate box and you will continue to receive **POLIO PERSPECTIVES**. If you can afford to donate additional membership dues for other post-polio people, please do so. The greater the membership of our network, the greater our collective voice and the better our chances for success in demanding the attention and services we must have if we are to be able to pick up the pieces of our lives and get back to the pleasures of joyous living.

Ruth's Wisdom:

He who lives for self and self alone is a successful failure.

Michigan Polio Network, Inc.

2877 S Ennis Rd * Ithaca, MI * 48847-9617

Print Name _____
 Address _____
 City _____
 State _____ Zip Code+4 _____
 Phone-Home _____ Phone-Work _____

Polio Survivor? (Check One) Yes No

Membership dues are: \$10.00 per year

- I enclose an additional donation of \$_____ to support the MICHIGAN POLIO NETWORK's work. (Donations and dues are tax deductible.)
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- I do wish to receive **POLIO PERSPECTIVES**, but cannot pay membership dues.



Vaccine from Page 1

IPV - Can cause a little soreness and redness where the shot was given. There is a very rare chance that other serious problems or even death could occur after getting either vaccine. Such problems could happen after taking any medicine or after receiving any vaccine.

BENEFITS VERSUS RISKS - Benefits are greater than the risks for most people. Most who get the vaccines are protected. A small number of people have problems with the vaccine. After reading this material, talk with your doctor or nurse to decide if the vaccine should be given, delayed or not given.

WHEN TO DELAY THE VACCINE -IPV (not OPV) should be given to

- ◆ Persons whose body cannot fight infections - cancer, leukemia, lymphoma (cancer of the lymph nodes).

- ◆ Persons who have AIDS or are infected with the AIDS virus.
- ◆ Persons taking cancer treatments such as x-rays or drugs such as steroids, that make it hard for the body to fight infections.
- ◆ A child receiving vaccine in a household with persons described above.

IPV should not be given to a person who has an allergy to neomycin or streptomycin so serious that it requires treatment by a doctor. ©

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Ruth's Wisdom:

Observations can be colored
by prejudice.

The Polio Sleuth

There are as many as 15,000 post-polio people in Michigan. As many as 70% of us face the late effects of the disease within the next few years. Over 1,500 are on our data base. More than 4,400 have signed up with the state post-polio Registry. Thousands more desperately need information and support. Help us locate polio survivors. Tell them help is available. Ask them to register by writing for a registration form from the Michigan Polio Collection Library, 4291 Squires Rd, Quincy, MI 49082-9601 or call (517) 869-2996. We are here because we need each other. ©

**Michigan Polio Network, Inc.**

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