

POLIO EPIC

St. Philip's
Health Lecture
Series –
4th Wednesday
of each month
7-9pm
Vestry Room

- June 22 –
“Creating Joint
Health and
how to
alleviate the
Pain.”
- July 27th –
Natural
Solutions for
the Cholesterol
Control that
Work”
- August 24th –
“Senior Health:
An Energized
Approach to
Living”
- Sept 28th –
“From Diabetes
to Great Health:
The Easy,
Sensible
Solution”

Individual Highlights:

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1955 the conquest of Polio

On April 12, in an auditorium at the University of Michigan, “amid fanfare and drama far more typical of a Hollywood premiere than a medical meeting” (according to *the New York Times*, Dr. Thomas Francis announced the results of an investigation into the polio vaccine developed by a former student of his, Dr. Jonas Salk. The verdict: Salk’s vaccine worked. The 150 journalists in the audience rushed off to file their stories, and by the next morning thousands of doses of vaccine were on their way to children across America. Just as fast, Salk was on his way to becoming a scientific celebrity.

The announcement did not come as a surprise. Early results from clinical trials had been promising, leading drug manufacturers to prepare for production moiré than a year ahead of time. By the date of the announcement (the tenth anniversary of the death

of President Franklin D. Roosevelt, a polio patient), 27 million doses had been stockpiled in warehouses around the country.

Many adults still remembered the great epidemic of 1916, which killed more than 6,000 and left another 27,000 paralyzed. These memories made the public’s fear of polio so great that shortages of the vaccine developed despite the advance preparation.

Even worse, in May it became apparent that one manufacturer had not properly killed the viruses in its vaccine. Thousands of children were inadvertently given live doses and 260 of them developed the disease. The laboratory at fault was quickly isolated and the vaccination program continued.

Newspapers and politicians hailed Salk as a hero, but some scientists saw him as more of a self-

promoting credit hog. Among the biggest critics was Dr. Albert Sabin, who was developing a vaccine based on live viruses that were weakened rather than killed. The Sabin vaccine was swallowed instead of being injected, making it much easier to administer, and, he claimed more effective. Sabin’s vaccine was introduced in the early 1960’s and quickly displaced the Salk version.

Between them, the Salk and Sabin vaccines made striking progress. By the mid-1960s, the annual total of new polio cases in the United States was often less than 100, and by the early 1990s, it had been completely eradicated. Global cases are now down to less than 1,500, concentrated in a handful of countries, and by the end of the decade the World Health Organization hopes to enter the cessation phase of its polio eradication campaign.

White House Moves Disability Benefits to the Chopping Block

BUZZFLASH NEWS ALERT
News from the DNC:
 Washington, DC

A day after the chief White House economist admitted that the Bush plan to privatize Social Security would include cuts to survivor benefits, the Bush administration also acknowledged that it would not protect disability benefits despite earlier assurances that these earned benefits would remain untouched.

This is the latest trial balloon in the Bush administration's real plan to dismantle Social Security. The announcement may help explain why a new Harris poll found that only 36 percent of Americans think President Bush's "comments on saving and strengthening Social Security are his real motives for changing the program, while 49% believe his real

agenda is to dismantle it." [Wall Street Journal, 5/13/05]

"For the second day in a row, the Bush administration has admitted that despite past assurances, they never intended to protect Social Security disability and survivor benefits," said DNC spokesman Josh Earnest. "From steep benefit cuts for the middle class, to risky private accounts, and now no protections for disability or survivor benefits, it's becoming clearer every day that Bush's real plan is to dismantle Social Security."

THEN
Bush: Disability Benefits Won't Be Cut. "[Bush] said he has no plans to cut benefits for the approximately 40 percent of Social Security recipients who collect monthly

disability and survivor payments as he prepares his plan for partial privatization." [Washington Post, 1/16/05]

NOW
Bush Administration Won't Protect Disability Benefits. "Future Social Security retirement benefits for disabled workers is a matter for negotiations with Congress as it drafts solvency legislation, the Bush administration said Thursday, declining to say whether they should be raised, lowered or left unchanged. 'Any plan that maintains current disability benefits will need to address the transition to retirement, and those details will be worked out through the legislative process,' said White House spokesman Trent Duffy." [AP, 5/13/05]
 BUZZFLASH NEWS ALERT



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

"Future Social Security retirement benefits for disabled workers is a matter for negotiations with Congress as it drafts solvency legislation,"

Dues Form

POLIO EPIC, INC. CURRENT MEMBERSHIP ANNUAL DUES ARE RENEWABLE THROUGH THE FISCAL YEAR OF SEPTEMBER 1, 2005 – AUGUST 31, 2006

Name _____ Spouse _____ Date _____

Address _____ Phone (____) _____

City _____ State _____ Zip _____ - _____

Optional: Email _____

_____ I am sending in my/our annual dues of \$5.00 per person for 2005-2006 fiscal year.

_____ I am sending in a *tax-deductible* donation in the amount of \$ _____.

POLIO EPIC, INC. is a 501(c)(3) non-profit corporation. Tax ID # 74-2477371

_____ I am UNABLE TO PAY dues at this time, but wish to continue my membership and receive the newsletter.

_____ Please remove my name from the mailing list. I no longer wish to receive the newsletter.

_____ Check here if you do not want your name, address, phone number and email listed in the **POLIO EPIC DIRECTORY**.

_____ I would like to be more involved in Polio Epic. Please contact me at the number above.

Make checks payable to POLIO EPIC and return this form to Polio Epic, P.O. Box 17556, Tucson, AZ 85731-7556

Newsletter targets post-polio syndrome

By Amy Horton
UNION-TRIBUNE

April 14, 2005

SanDiego.com

ESCONDIDO – For many people, polio is a forgotten virus that was conquered 50 years ago. But one woman wants to ensure no one forgets the victims who continue to fight the unrelenting misery it left behind.

Mary Clare Schlesinger educates the public about post-polio syndrome, a debilitating condition that affects areas of the body previously injured by polio. Post-polio symptoms include fatigue, pain, muscle weakness and muscle atrophy.

"Most people think that polio is over, but that's not true," said Schlesinger, who lives in Escondido. "Post-polio syndrome is like getting polio all over again. It's back to using braces and wheelchairs and ventilators."

Schlesinger shares information about post-polio syndrome in her newsletter, *Post Polio Notes*. The publication, distributed to more than 500 people worldwide, presents academic articles and news about local symposiums, support groups and activities.

The newsletter is a much-needed resource for survivors, said Schlesinger, 56, who has battled the effects of polio since childhood.

The post-polio community is concerned that support from the medical field is not widely available, and Schlesinger said she believes many doctors are not interested in becoming educated to help those who are suffering from an outdated virus.

Schlesinger started the newsletter six years ago to help other survivors who never fully recovered from the initial polio attack and to help those survivors who, decades after recovering, began to experience new symptoms.

The polio vaccine, developed by American physician Jonas Salk, was the greatest public health event in the 20th century, Schlesinger said. With the 50th

anniversary of the vaccine noted on Tuesday, Schlesinger hopes people will become interested in helping those who still suffer.

An estimated 640,000 polio survivors in the United States may be at risk for post-polio syndrome.

Many survivors, such as Schlesinger, have moved to San Diego because of the warm climate.

"When I lived back East, I was always getting bronchitis," she said.

Schlesinger contracted polio at age 3, when she was living near Toledo, Ohio. The virus caused inflammation of nerve cells in her brain stem and spinal cord. For four months, she lived in an iron lung. The motorized respirator forced air in and out of her lungs.

Her left side was permanently weakened by polio, and she has battled several life-threatening scares. In the past few years, Schlesinger has suffered from respiratory failure and a broken leg.

"Post-polio syndrome is a downward spiral," Schlesinger said. "It may stabilize, but with every virus or bacterial infection or stress, you'll never fully recover as you were before."

Yet she continues to write *Post-Polio Notes*, publishing the newsletter a few times a year or as often as she can.

With the help of her husband and their daughter, Schlesinger is planning a symposium, tentatively scheduled for early next year. The event would bring patients, researchers and doctors together to share information about post-polio syndrome. Past symposiums organized by Schlesinger have been attended by more than 350 people, she said.

She also is planning a benefit concert.

Schlesinger said she wants to give other survivors the emotional and educational support they deserve.

"They'd like to live the rest of their lives without fear and in dignity," she said.

Amy Horton is a freelance writer from Pacific Beach.

Rotary's Big Boots

By TINA ROSENBERG

May 12th, 2005 --Next month Rotary International turns 100. Rotary clubs, a staple of small-town life, are celebrating the construction of innumerable parks, the holding of myriad blood drives, the awarding of countless college scholarships - and the imminent global eradication of polio.

Twenty years ago, there were a thousand new cases of polio every day. Now polio strikes only about a thousand children a year. By next year, that number should be zero. People who think of Rotary as a congregation of service-minded dentists and funeral directors may not have noticed, but the dentists and funeral directors have created the largest, most successful private health initiative ever.

When Rotary celebrated its 75th birthday, its leaders decided to find a project that all its clubs - now in 168 countries - could work on together. A Rotarian ophthalmologist in the Philippines, where polio was rampant, asked Rotary to vaccinate Filipino children. It vaccinated six million, then made similar efforts in five other nations. In 1985, Rotary decided to wipe out polio completely.

By the time polio is eradicated, Rotary clubs will have directly contributed at least \$600 million, more than any other organization except the United States government. And they offer more than cash.

"We realized the task of getting vaccines to children, persuading mothers and fathers of the value of immunization, was a problem of distribution, logistics and social mobilization," said Herb Pigman, an American who was one of the campaign's early leaders. "And here's an organization with boots on the ground in hundreds of thousands of communities."

Big boots, too. "Every polio meeting you go to, you see them," said Rima Salah, deputy executive director of Unicef. "They have commitment, credibility and influence with leaders." This is crucial, as the challenge today is political. In August 2003, Muslim clerics from the northern Nigerian state of Kano charged that America had laced the polio vaccine with drugs to render African girls infertile. Kano stopped vaccinating. Kano's cases doubled, and Nigerian strains of polio have spread to 16 other nations that had beaten the virus.

Coincidentally, the president of Rotary International that year, Jonathan Majiyagbe, was from Kano. He helped broker a compromise: Kano would use vaccine made in Indonesia, a Muslim country. In August 2004, Kano's governor publicly vaccinated his infant daughter.

Although the countries Kano infected will have to spend millions on emergency vaccination campaigns, they will probably be successful. The real challenge is to eliminate polio at its epicenter, Nigeria. If Kano does not bolt again, this will probably happen in a year. "We would not be here without Rotary International," Dr. Salah said. "Rotary is the heart and soul of polio eradication."

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From our President

Many of us receive e-mail stories and a few of them are actually quite good.

The following story relates to all of us with polio and I think you might enjoy it.

A farmer had some puppies he needed to sell. He painted a sign advertising the 4 pups. And set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls.

He looked down into the eyes of a little boy. "Mister," he said, "I want to buy one of your puppies."

"Well," said the farmer, as he rubbed the sweat of the back of his neck, "These puppies come from fine parents and cost a good deal of money." The boy dropped his head for a moment. Then reaching deep into his pocket, he

pulled out a handful of change and held it up to the farmer.

"I've got thirty-nine cents. Is that enough to take a look?"

"Sure," said the farmer. And with that he let out a whistle.

"Here, Dolly!" he called. Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight. As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse. Slowly another little ball appeared, this one noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner, the little pup began hobbling toward the others, doing its best to catch up....

"I want that one," the little boy said, pointing to the runt. The farmer knelt down at the boy's side and said, "Son, you

don't want that puppy. He will never be able to run and play with you like these other dogs would." With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe. Looking back up at the farmer, he said, "You see sir, I don't run too well myself, and he will need someone who understands." With tears in his eyes, the farmer reached down and picked up the little pup.

Holding it carefully he brought it to the little boy. "How much do you want for it?" asked the little boy. "No charge," answered the farmer.

"There's no charge for love."



"The world is full of people who need someone who understands."

Janna L. Peyton
jandav@cox.net
 (520) 886-1913

National Disability Group announces new web site

1/26/05 – United Spinal Association, a national disability rights organization announced today the creation of a new Web site dedicated to

Excerpted from Current Tides of the Atlantic County Post Polio Support Group April/May 2005 Newsletter

the home policy, which restricts beneficiary access to needed wheelchairs and scooters. Rightwheelchair.org, a joint project of United Spinal Association, ITEM

Coalition, and the Clinician Task Force, will serve as a vehicle for inspiring grassroots activities and as a clearing house for information

on Medicare's in-the-home restriction and they will have an opportunity to share their experiences in trying to obtain a wheelchair or scooter for themselves, a family member or patient. "The in-the-home" restriction several impedes the health and independence of all individuals with disabilities.

Visitors to <http://Rightwheelchair.org> will find important background information

on Medicare's in-the-home restriction and they will have an opportunity to share their experiences in trying to obtain a wheelchair or scooter for

themselves, a family member or patient. "The in-the-home" restriction several impedes the health and independence of all individuals with disabilities.



THANK YOU



Welcome

The Year of 2004
Global Cases of Poliovirus:
1227
Nigeria – 781
Indian – 132
Pakistan-50
Niger-25
Afghanistan-4
Egypt – 1

As reported from the WHO website

POLIO EPIC expresses appreciation
***BUILDERS**
Frann Miescher
Dana Vincil
***FRIENDS**
Rita Atkinson
Helen Crandall
Lynne Halvorson
Maurine Holt
Billie Mires
Burton & Beth Petri
*BUILDERS \$100 and OVER
*FRIENDS UP TO \$99

Our condolences, go out to all the families and friends who have lost a loved one.

Greta Brudvig
By Frann Miescher

Phillip Gates
By Rodney Lowell

Waneen Snyder
By Evelyn Gross

welcome to the following new members

Emilia Hoffman
BC Canada

Elizabeth Mazur
Green Valley, AZ

Irma (Billie) Mires
Tucson, AZ

Polio Epic functions as a support group to empower our members and their families with the knowledge necessary to make adjustments they need to continue living a life of dignity and independence. We rely on your dues and donations, which help Polio Epic reach out to our members, health professionals in our community, and network with many Post-Polio Support Groups around the country and abroad. Your dues and donations make it possible for us to continue to reach our goals. We are a 501(c)(3) non-profit cooperation and all donations are fully tax-deductible.

Dues & Donations cover:

- Printing and postage for the Polio Epic Newsletter, information packets sent out to all inquiring about PPS
- Post Office Box rental
- Bulk Mailing expense
- Out-of country and return postage
- Other expenses – printing of minutes, treasurer’s report, office supplies, computer supplies, website, miscellaneous correspondence, tax preparation, and telephone service



“Our dues are still only \$5.00. Check your address label. If it says 2005 above your name, then your membership is up-to-date. Please contact me for any questions at (520)-797-6898 or email me at Nannoe1@aol.com.

WE NEED YOU !!

Three officer positions in Polio Epic, Inc. are **open** this year, that of **President-Elect, Secretary, Treasurer** and then the **Board of Directors**. Nominations will be accepted from the floor at our annual meeting on **Saturday, June 11, 2005**, at HealthSouth at **10:00 A.M.** Voting

will take place at the meeting. **Frank Frisina** will become our new President. **The nominees are:**
PRESIDENT-ELECT
Karla Carr
SECRETARY
Virginia Roberts
TREASURER
OPEN
Board of Directors
2 Positions Open



POLIO: The home stretch

04/18/2005 – *STL Today*
Children Today Could
Hardly Imagine the fervor
with which their baby
boomer parents once
collected dimes to find a
cure for a terrifying
childhood epidemic called
polio.

Fifty years ago, on April
12, 1955, those millions of
dimes, collected by the
March of Dimes to help
finance polio research,
paid big dividends. That
was the day the federal
government announced
that the trial vaccine for
polio, developed by Dr.
Jonas E. Salk, was
successful enough for
general use. It protected
millions of American
children from the polio
virus, which causes

muscle paralysis and
death. Although post-
polio syndrome afflicts
some adults who had the
disease as a child, for the
most part polio is simply a
memory in the United
States. Worldwide,
enormous progress has
been made even in poor
nations: Fewer than 1,300
new cases of polio
worldwide were detected
last year. The World
Health Organization has a
goal of eradicating polio
this year. Even though
suppliers of the oral
vaccine are willing to
provide it at cost, WHO
says complete eradication
will cost about \$75 million.
A combination of donor
fatigue and more urgent
health priorities, especially

AIDS, are making it
difficult for WHO to
mobilize international
support for wiping out
polio. If it is allowed to
spread, about 10 million
new cases of polio could
occur worldwide by 2040,
WHO officials say. In
1980, after a global mass
vaccination campaign,
smallpox was wiped out.
Eradicating polio is a bit
more complex. Mass
vaccinations have been
hindered by war and poor
infrastructure. Political
resistance in some Muslim
regions of Nigeria has led
to new outbreaks, which
allowed polio to spread
quickly as far away as
Saudi Arabia.



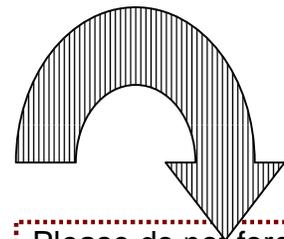
*The ability of the polio virus
to jump political and
geographic boundaries is a
sobering reminder of the on-
going threat. What a tragedy
it would be for the world to
come so close to reaching
WHO's goal, only to stumble
with the finish line in sight.*

Polio Echo in Phoenix announces their loan program

About the durable medical loan program

The board voted to
maintain an electric
scooter and an
electric wheelchair on
had at all times for
emergency use of
members on a short
term basis, such as a
loaner during repair of
their permanent unit
or other short term
emergencies.

We have a hospital
bed and lounging
chair which have been
donated and are now
available for those in
need. Contact Tom
Ringhofer, (480) 820-
3358 for durable
medical information at
this time and watch
the web site for
additions and
availability of
equipment.
(www.polioecho.org)



Please do not forget
to contact the Polio
Epic Members that
are attending the 9th
Annual PHI (Polio
Health International)
conference in St.
Louis with your
questions. In order to
fulfill the obligations of
our grant, we are
going to learn as
much as possible!
Your help is
invaluable!!

Thank you!

Board of Directors

| | | |
|-------------------|--------------|--|
| Lucy Anderson | 520-294-5104 | |
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| Joanne Yager | 520-296-1471 | jyager@mymailstation.com |

MARK YOUR CALENDAR

General Meetings:

June 11 – Elections & Budget

July 9 – No Meeting

Refreshments are always served!

BOARD MEETINGS:

First Thursday of each month at

D.I.R.E.C.T. ALL ARE WELCOME!

LUNCH AT FRANK'S . . .

Third Wednesday of the month.

June 15th & July 20th at 11:30 AM -Enjoy a wonderful lunch and socialize with other Polio Epic members at **Campañā del Rio, 1550 E. River Rd.** Cost is \$8.00 and well worth it! Call no later than the Tuesday before!

Frank Wadleigh – 299-9052

Bill Hatton – 321-1703

Executive Directors 2004-2005

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