

Oct 2006 – Nov 2006
Southern Arizona
Post-Polio Support Group
Est. 1985
P.O. Box 17556
Tucson, AZ 85731-7556
(520)-750-8608
(Message)
www.polioepic.org

POLIO EPIC, INC.

General Membership
Meetings
Every Second
Saturday of the Month
10:00 am.
HealthSouth
Rehabilitation
Center
2650 N. Wyatt Road

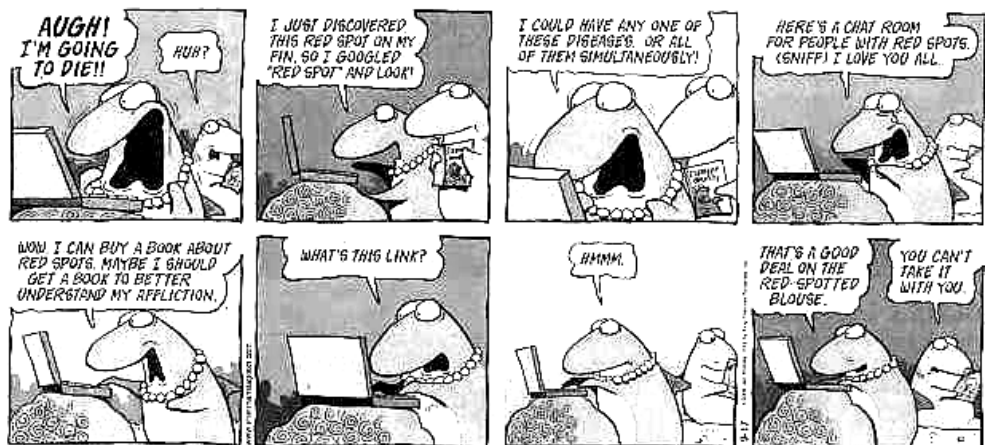
- Our October 14th meeting will be a fascinating time with our own Wendy Wolf, who is the 2006 Arizona Ms. Wheelchair. Please be with us to hear about and celebrate with one of our own lovely ladies! Wendy has done incredible work throughout her life to give dignity, assistance and education to the disabled population of Tucson and Arizona!

Knowing each other a little better

During our monthly Saturday meetings in June and September, I had the chance to get to know a little bit about many of our members. I heard about experiences when these individuals first had polio. Some were hospitalized or in rehabilitation for many months. Some were forced to eat food they didn't like by having it pushed down their throat until they choked. Others were taken from the arms of their family and put in places with less than friendly faces. Braces and crutches and hot packs that caused burns...just part of recovery...just part of getting to be a "polio survivor".

These "survivors" are the same people that, as adults, have beat cancer, worked in law enforcement, became nurses, doctors and teachers. These survivors raised children who also became nurses, doctors and teachers. These "survivors" are part of the Tucson community and this city is better because of these survivors. They are the part that lives with enthusiasm and gumption! These people are my friends, my role models and the ever so friendly faces in the warmest of places...in my heart.

Blessings, your President,
Karla Carr



Written by Jim Toomey, courtesy of King Publishing
Arizona Daily Star – 9/18/06



The opinions expressed in this publication are those of the individual writers and do not necessarily constitute an endorsement or approval by **POLIO EPIC, INC.** If you have personal medical problems, please consult your own physician

The Year of Polio Awareness

For Immediate Release: September 19, 2006

Contact: Kimberly Allen, (202) 226-8364; (202) 420-1524 [cell]

Congressman Rothman's "Year of Polio Awareness" Resolution Passes

Resolution Builds On New Jersey's Efforts to Stop the Resurgence of Polio

(Washington, DC)—Today, despite a deeply-divided Congress, Representative Steve Rothman (D-NJ) secured a bipartisan victory for America's children and polio survivors in response to concern about the global resurgence of polio. H.Res.526, Rothman's resolution to designate October 31, 2006 through September 30, 2007 as the "Year of Polio Awareness," passed unanimously in the House of Representatives. The resolution also recognizes the need to vaccinate every child against polio.

"Awareness is the first step to prevention. While many Americans believe that Polio has been eradicated worldwide, that is simply not true. Last year, polio flared in India, Nigeria, and Indonesia, as well as countries that were considered polio-free, such as Namibia. Thousands of new cases were reported, including six in the United States. That is why I am fighting to bring national attention to the rise in polio cases and to ensure that parents understand the importance of vaccinating their children against this still-present and paralyzing virus," said Rothman.

The U.S. Centers for Disease Control (CDC) report that 10% of U.S. children under three, which is about one million toddlers, are not vaccinated against Polio. In Newark, the only New Jersey city for which CDC data are available, 14% of children remain unvaccinated. With the rise in international travel and the resurgence of polio abroad, health officials are concerned about an outbreak in the United States.

Dr. Richard Bruno, internationally-recognized polio expert and director of The Post-Polio Institute at Englewood Hospital and Medical Center, posed the following question: "Since the poliovirus can be carried silently by people who show no symptoms, what happens if a polio-infected child lands in a densely-populated city like New York, where an estimated 23,000 toddlers are unvaccinated? Answer: America's next polio epidemic."

In response to concerns about a U.S. outbreak, New Jersey Governor Jon Corzine proclaimed September 2006 "Polio Vaccination Month" and the New Jersey Department of Health has launched a polio awareness program thanks to a bill introduced by State Senator Loretta Weinberg.

"New Jersey has long been a leader on issues demanding national attention," said Rothman. "I applaud Governor Corzine, Senator Weinberg, and others for addressing polio awareness head-on and encourage other states interested in my resolution to look at New Jersey's efforts as a model."

"Late Effects" of Polio Also Addressed

In addition to urging polio vaccinations for all children, Rothman's bill also calls for education about Post-Polio Sequelae (PPS), the unexpected and often disabling symptoms that occur in mid-life among the 1.63 million American survivors of the polio epidemics of the 1940s, '50s, and early '60s. "PPS symptoms include overwhelming fatigue, muscle weakness, muscle and joint pain, sleep disorders, and difficulty swallowing and breathing," explains Dr. Bruno. "An alarming number of medical professionals - and even polio survivors themselves - don't know PPS exists and that treatment is available and effective."

Rep. Rothman's bill, introduced last November, passed the U.S. Senate later that year in a companion bill co-sponsored by then-Senator Jon Corzine (D-NJ). Posted on Wed, Sep. 20, 2006

A director who takes chances

HONG KONG'S RONNY YU BELIEVES IN PUSHING HIMSELF AGAINST ALL ODDS By Marian Liu--Mercury News

Ronny Yu wanted to direct a movie about being fearful, but instead he ended up making a film about being fearless.

The Hong Kong director of the new movie "Jet Li's Fearless" -- which hits theaters Friday -- was set to make this summer's guerrilla thriller "Snakes on a Plane" but sidestepped that project when he ran into resistance over the idea of possibly killing off the star, Samuel Jackson.

Coincidentally, Li was planning his final martial arts film, "Fearless," based on the life of a legendary Chinese martial artist, Huo Yuan Jia. Although Yu, who has directed many Hong Kong feature films, and Li have known each other for about 20 years, they had never worked on a project together. In America, Yu is probably best known for directing the horror flicks "Freddy vs. Jason" and "Bride of Chucky." Yu was interviewed by phone from Hong Kong:

Why did you decide to work on "Fearless"?

I've always tried to make martial arts movies, but all along I just couldn't find the right person to work with -- somebody who really knows Chinese *wushu* -- so when Jet approached me to do this story . . . I jumped on board. Samuel L. Jackson keeps telling everybody that I was supposed to make that "Snakes on a Plane" with him but . . . unfortunately I had some problems with the script, so I bowed out. The moment I bowed out of that one, Jet approached me.

How much of "Fearless" is historically true?

I didn't want to make an autobiography of this guy, because it's been done many times. . . . If Jet's intention is really to want to express the true spirit behind Chinese *wushu*, then the story line should be simple. It should be like a universal theme that not just Chinese would understand. I think all over the world audiences will understand, so I went back to fundamental storytelling, made the story very simple -- just a misguided martial artist, how he finds that being No. 1 is not the true spirit.

How did you come up with the rest of the story line?

When I was making movies in America, I read a lot of books by Joseph Campbell, you know, "The Hero's Journey" . . . and I love "Star Wars." This is about a man's journey. In the beginning, it's just a misguided person, not a hero, and how he finds, throughout the journey, the meaning of life. I went to school in Ohio (master's of business administration from Ohio University), I saw . . . "The Good Earth" (1937). . . . The Hollywood actor pretended to be Chinese, but I was so

impressed by the theme of the movie -- it's all about Chinese peasants, how hard is their life, their struggling, their generosity -- that it inspired me to put Huo Yuan Jia back into the village. Because China really started as a farming country . . . that could inspire him and enlighten him, go back to embracing nature, understand the basics of life.

What did you mean with the title "Fearless"?

Life is not meant to be comfortable. . . . When you come to this life, you're going to encounter a lot of problems, difficulties, letdowns. . . . But as long as you have no fear, you face it head on, eventually you're going to get over it.

You've faced your own difficulties as a child with polio?

I remember a long time ago, a French journalist asked me, what would be your dream in life, if God granted you a gift, what would you want? I said, just give me five minutes to run like a normal person, or jumping, or to do all that crazy stuff. I had polio when I was 8 months old, and when I learned how to walk, I limp. In the beginning, I felt like it was a handicap. Later on, as I grew older, I changed it around. I used it as a driving force to face and accept my handicap and challenge myself to do more physical jobs. Like directing is a physically demanding job, but I think it really helps me to get over that handicap.

For "Snakes on a Plane" you wanted Samuel Jackson to die?

Every time I make a movie, I think as the audience. . . . I keep asking myself what if such and such happens. So I asked myself what if you kill off Samuel L. Jackson in the middle of the movie, would that make the people or the passengers and the audience really hate the snakes and really want to kill off the snakes? How would that provoke the audience's emotions?

They weren't going for that?

Of course not. I think people have fear, a lot of fear -- people making movies, I mean. I'm talking about studios, I'm talking executives, I'm talking everybody in Hollywood. Everybody lives under this fear. Maybe I should tell them to watch "Fearless," because everybody has so much fear. If people work under that situation, nothing new, no surprises would come about because everybody wants a safe trip. I think to explore -- like "Star Trek" got to go beyond to find new things. So I find coming back to China after 10 years, making movies, the big difference is I can do whatever I thought is right and there's not that fear factor behind me.

Contact Marian Liu at mliu@mercurynews.com or (408) 920-2740. Fax (408) 271-3786. Read her music blog at www.merc_extra.com/aei.

Here are some interesting facts about some members of Polio Epic in Tucson!
(suitable for framing)

I rode in a helicopter three times.
- Barbara S.

I was the Tucson ping-pong champion in 1961
- Frank M

I caught a 36 inch rainbow trout in a mountain stream in Colorado.
- Joanne Y.
I'm an artist
- Marty C.

A B-47 Bomber crashed into my parents home when I was a kid.
- Nannoe W.

I attended a special school
- Bill H.

I went on a concert tour to Hawaii with a group of blind people and sang with them
- Mieko I.

I'm dyslexic and smart. I wrote poems and songs.
- Freda M.
I do clowning.
- Debbie M.

I hauled wild cattle.
- Charles S.

I met and walked with Itzak Perlman –Just us!
- Linda F.

I raised four children!
- Alma B.

I have been a member of the church choir since I was 10 years old.
- Susie H.

I was the state horseshoe throwing champ, class E!
- Larry P.

I was a lobster fisherwoman!
- Alice S.

I crossed the International Date Line, Equator; also visited every state in the USA and territories.
- Micki M.

I used to chase storms.
- Kathy Z.

I had a job where I did background singing on records.
- Elaine P.

I had a cartoon drawn of me by the famous Tucson Artist "Fitzpatrick"
- Karla K.

I was a collegiate gymnast
- Charlie M.

As you can see by the exciting list above, Polio Survivors are a fascinating and active part of the Tucson Community. Everyone has an interesting story to tell. What is yours? Inquiring minds want to know! Why don't you jot down a few notes and tell your story? We would love to put it in our newsletter.

A is for apple, and B is for boat,
That used to be right, but now it won't float!
Age before Beauty is what we once said,
But let's be a bit more realistic instead.
Now...The Senior Alphabet

A is for arthritis;
B is the bad back,
C is the chest pains, perhaps car-d-iac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.
H is high blood pressure--I'd rather it low;
I is for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.
L is for libido, what happened to sex?
M is for memory, I forget what comes next.
N is neuralgia, in nerves way down low;

O is for osteo, the bones that don't grow!
P is for prescriptions, I have quite a few,
just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two.
S is for sleepless nights, counting my fears,
T is for Tinnitus; there's bells in my ears!
U is for urinary; big troubles with flow;
V is for vertigo, that's "dizzy," you know.
W is for worry, NOW what's going 'round?
X is for X-ray, and what might be found.
Y is another year I'm left here behind,
Z is for zest that I still have-- in my mind.
I've survived all the symptoms, my body's deployed,
And I am keeping twenty-six doctors fully employed!!!
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Mouse Model Developed for Post-Polio Research

"An abstract published by Drs. Jubelt, Rapka, and Shefner in *Neurology* (Apr. 1, 2002, Suppl. 3) indicates that the mice exhibited electromyographic patterns similar to that seen in individuals with post-polio syndrome. The mice had a decreased number of motor units (MUNE in Figure 1), and the remaining units were enlarged. Additionally, degenerative neurologic changes were seen in both symptomatic and asymptomatic mice.

In the winter of 2001, Burk Jubelt, MD, and Jeremy Shefner, MD, of Upstate Medical University, Syracuse, New York, and Rob Morris, who had polio as an infant, sat down to discuss the existing therapeutic alternatives for the array of symptoms seen in post-polio syndrome. – excerpted from *Polio Health International* newsletter September 2006"

Please read the PHI (Polio Health International) newsletter, or website for the entire article about this fascinating and meaningful research into Post Polio Syndrome. It is also interesting to note, the same university is the one that developed the polio virus in a laboratory in 2001. They created a living virus totally in the laboratory, to prove to our alarming dismay that terrorists can do the same thing. This makes our need to conquer polio world-wide even more important!

Post-Polio Syndrome showing up in later years

About 20% of those polio paralyzed as youths develop the syndrome.

By Ron Hayes

Palm Beach Post Staff Writer

Monday, April 11, 2005

After the Salk polio vaccine was declared safe and effective on April 12, 1955, new polio cases in the United States dropped from 40,000 a year to fewer than 150. Now polio's ghost haunts the survivors.

"I got polio at 29, in 1959," says Howard Mades, 66, of Wellington. "One Friday I played golf and football, Saturday I had a charley horse and my knees caved in."

Mades survived with only a slight limp and has lived a full and productive life. But he has used a wheelchair since 1997.

Post-Polio Syndrome is an accelerated weakening of the muscles by people stricken with polio in their youth. About 20 percent of who experienced paralysis from the disease develop the syndrome as they age, says Dr. Jacob Lochner, medical director of the Rehabilitation Center for Children and Adults in Palm Beach.

"Significant fatigue, muscle pain and weakness is pretty typical as they reach their 50s and 60s," Lochner says. "They're not relapsing, but they've overused their muscles and body to the point where they can't compensate anymore."

In the late 1980s, a symposium at the Roosevelt Warm Springs Institute for Rehabilitation identified a common denominator among those who develop Post-Polio Syndrome: Like the institute's namesake, they are overachievers.

Because they exercised fiercely to overcome polio's effects in their youth, their muscles are giving out earlier with age.

Mades is not alone. About 25 people attend monthly meetings of a local post-polio support group, one of 17 in Florida.

Bill Fogelman, 79, of West Palm Beach spent a year in a rehabilitation hospital after contracting polio at age 15, in 1941.

"I graduated high school, I farmed in Connecticut, I became a machinist, had a wife and three daughters," he says. But at 57, four decades after his polio, Fogelman started using a cane. Now he, too, uses a wheelchair.

Lorraine Schiesher, 83, of Palm Springs contracted polio at 2 in Oxon Hill, Md. "I did anything anybody else could do, except I couldn't run or skate," she says. But 15 years ago, she bought a wheelchair. "I just couldn't do the walking anymore."

The treatment for Post-Polio Syndrome in 2005 is the same treatment Franklin Roosevelt sought at Warm Springs in 1924: aquatic exercise. "A lot of survivors think it only affected their legs, but that's not true," says Lochner, who sees about 35 syndrome patients regularly. "It not only affected the three or four muscles they're aware of. Even the muscles they aren't aware of were affected. "They were told, 'Keep working it, you'll get stronger.' Now they come to me and I tell them, 'You're overusing them, you're destroying your muscles.'"



Wellington. "One Friday I got up and my

productive life. But he has

experienced in later years the 650,000 Americans

Editor's Note: Don't hesitate to talk to people about your Post-Polio; you NEVER know what impact it will have. I met a fascinating lady at the airport last week, only to find out that she receives our newsletter, and through the years has attended a few of our meetings. Mary sends a special hello to board member Dorothy!

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MARK YOUR CALENDAR

General Meetings:

October -14th – 10:00 AM

Nov 11th –10:00 A.M.

Dec 9th – Holiday Luncheon
at Holiday Inn Palo Verde –
Be There!

Board Meetings:

*First Thursday of each month at DIRECT
on Tyndall*

ALL ARE WELCOME!

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