

December 2007-January 2008
Southern Arizona
Post-Polio Support Group
Est. 1985
P.O. Box 17556
Tucson, AZ 85731-7556
(520) 750-8608
(Message)
www.polioepic.org

POLIOEPIC, INC.

Wishes for Hope, Peace and Contentment

General Membership Meetings

Every Second
Saturday of the
Month
10:00A.M. - 12:00N

Education Room

HealthSouth
Rehabilitation
Hospital

2650 Wyatt Road
Tucson, AZ

December 8th,
Holiday Party at
Holiday Inn Palo Verde
January 12th –
Handi-dogs
February 9th –
Ben's Bell Project
March 8th
April 12th
May 10th
June 14th – Annual
Elections

Each season is blessed with it's own loveliness, I hope you can enjoy this special time of the year with family and friends. May the New Year bring you hope, peace and contentment.

Your Board of Directors will continue to work on many goals of importance this coming year. Our thanks to member Margie Clark who has completed the translation of our post polio syndrome information brochure into Spanish. They will soon be printed and ready for distribution. You will notice in this newsletter we have printed the cover letter for the Frank Wadleigh Funds Grant. The board has spent many hours preparing the needed documents to fulfill how we feel Frank would have wanted the money distributed. This bequest helps us continue the goals of our mission statement, to empower area polio survivors make necessary adjustments to continue a life of dignity, independence and interdependence.

Each new year offers us the opportunity to reflect on the past and consider how we might wish to make the coming year *different*. Let's consider our health. Think about taking care of yourself in the same manner you would care for someone else. Lasting healthy changes require starting slowly and building up to reasonable goals. Make sure your expectations are realistic. Don't worry so much about what you can or can't accomplish in a day. Give yourself permission to rest when needed. If rest is so good for you then why is it so hard to do? Perhaps for some of us it is because at the time of our polio illness; it was ingrained in our minds that we were not to talk about our illness and just go on, fit in and live a normal life. Our "type A" personalities helped us to learn what we needed to do to achieve our goals. Now we are being told to slow down, rest, take it easy (just the opposite), and we find this adjustment very difficult. Denial doesn't help anymore and old coping strategies no longer work.

Those of us who have been a part of this support group have found emotional support, information and trusting relationships where people can feel free to share. There is a "team" ready when you face a difficult situation. Also ask yourself what steps you need to take and you may start a chain of events leading to others who would be willing to help if asked.

Please learn to accept emotional and physical support from family and friends, consider their help as "*gifts*" and accept those gifts with a thankful heart. Share your needs with someone who will offer encouragement. You will build a sense of "community" by keeping those close to you informed of what you care about, what they could help you with, and any changes that you need to make your life easier. We must reserve our energy for living, become survivors and recover the joys in spite of the circumstances we may experience.

Joy, Peace and Blessings to All!

Joanne Yager, President

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.

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DGDispatch.com

Cognitive and Motor Functions Show Rapid Fatigue in Post-Polio Syndrome:

Presented at ANA By Jacquelyn Beals

WASHINGTON, DC -- October 11, 2007 -- While individuals with post-polio syndrome do not have diminished mental function when they are well rested, their mental function decline considerably after even moderate mental fatigue, according to the first study to use computerised cognitive testing. Post-polio syndrome, experienced by up to 50% of polio survivors, is usually characterised by muscle weakness, atrophy, muscle pain and fatigue. Although many patients also report cognitive difficulties, previous attempts to assess these problems have been ineffective. Senior study author Olavo M. Vasconcelos, MD, Assistant Professor, Department of Neurology, Uniformed Services University of the Health Sciences, Bethesda, Maryland, United States, noted that polio has nearly become an "orphan disease." Yet, although largely eliminated in developed countries, polio is still common in Haiti, Nigeria, and other Third World nations. This was particularly noticeable in the large number of immigrants to the United States who enrolled in the study.

In a presentation here at the American Neurological Association (ANA) 132nd Annual Meeting, researchers presented findings on 26 female and 25 male polio survivors with a mean age of 64 to 65 years who completed health and lifestyle questionnaires, physical examinations, and laboratory tests to identify any sources of cognitive impairment. During a second visit, subjects also completed the Automated Neuropsychological Assessment Metric (ANAM) twice, with 1 hour between ANAM trials.

The practice effect typically yields improved results for the second administration, therefore, the researchers originally planned to use the second results as the valid score. They analysed data by calculating the percent change from trial 1 to trial 2 of ANAM. Unexpectedly, rather than showing the expected practice-effect between the first and second ANAM administration, results showed that the performance of a majority polio subjects actually deteriorated. Performance decreased in three of the eight ANAM subtests for more than 50% of polio subjects, and decreased in seven of eight subtests for more than 40% of polio subjects.

Further analysis found that poorer performance was not due to decreased accuracy but to increased reaction time. Similar results had been reported in a previous study of subjects with a single concussion, who showed the expected practice effect, versus subjects with a history of multiple injuries, who did not show the practice effect. Dr. Vasconcelos and colleagues note in their abstract that polio survivors also have a burden of central nervous system injury, and this may explain the loss of practice-effect in our sample. The results indicate that, while post-polio subjects do not have diminished mental function when they are well rested, they experience a "precipitous decline in mental function" after even moderate mental fatigue. Further studies with age-matched normal controls are needed to clarify the causes of the increased reaction time.

[Presentation: Computerized Assessment of Cognitive Fatigue in Survivors of Paralytic Poliomyelitis. Abstract M-113]

Experts fear major resurgence of polio Nigeria, India, Pakistan and Afghanistan failing to eradicate crippling virus



updated 10:05 a.m. MT, Thurs., Oct. 12, 2006

GENEVA - More than 250,000 people could contract polio every year if Nigeria, India, Pakistan and Afghanistan fail to eradicate the crippling virus, public health experts said on Thursday. Steve Cochi, chair of an advisory panel that oversees international efforts to eliminate the disease, faulted the last four countries where polio is endemic for failing to ensure children receive the cheap oral vaccine that stops its spread.

“Polio continues in these few areas ... because authorities are persistently failing to reach every child,” Cochi, a senior adviser on global immunizations at the U.S. Centers for Disease Control and Prevention (CDC), told a news briefing. “The world will face upwards of a quarter of a million cases of polio every single year if we do not finish the job now in these four remaining polio-endemic countries. It will not remain at the levels of disease burden that we are at today.” Largely as a result of two billion children being immunized in house-to-house vaccination programs, fewer than 2,000 people contracted the disease last year, compared to 350,000 annually when the eradication drive started in 1988. The World Health Organization (WHO), U.N. Children’s Fund (UNICEF), Rotary International and the Atlanta-based CDC missed their goal of halting the spread of polio by the end of 2005.

No new deadline for eradication

While rates in Afghanistan and Pakistan have begun to wane, sporadic efforts in India and an almost year-long interruption in vaccination in northern Nigeria from mid-2003 caused a spike in infections that spread to more than 20 countries.

Cochi said a failure to knock out polio in the countries that have never stopped its transmission could cause “a huge resurgence” in the disease which can cause life-long paralysis in children.

“The political leaders in the remaining few districts and states where polio continues to circulate cannot be allowed to shirk their responsibilities,” he said.

In addition to increased immunization in problem areas, health experts said other countries might benefit from travel rules similar to those introduced this year by Saudi Arabia.

Children under the age of 15 from polio-affected countries, and Muslim pilgrims of all ages from Nigeria, must show proof of polio vaccination to receive an entry visa, Yagob Yousef Al-Mazrou of Saudi Arabia’s health ministry said. Those entrants also get a dose of the vaccine upon arrival.

David Heymann, the WHO’s acting assistant director-general for communicable diseases, said no new deadline would be set for the eradication of the disease.

“We are at the end stages of the program. There is no need to re-target, what is necessary now is to finish,” he said.

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"MAKING DO"

Polio is just a simple word, sounds both old and new. If it should come your way, there's not much you can do. I found out how it works, as I lay and couldn't move. With lots of help, lots of pills, I might get in the groove. Nothing helped me very much; like I lay upon a shelf. 'Til one day I realized, I just had to help myself.

One hand could lift the other, with that I could ---"Make do". Weeks and months went by, my strength and hopes all grew. I learned to knit left-handed, could stand alone with pride. With braces I could walk with crutches by my side. Finally I was ready to go home, so much now seemed so new. Made a ramp to go up steps, many things now to ---"Make Do".

I couldn't run any more, couldn't swim or dance.
But I could cook, sew and laugh when e're I had the chance.

I wanted so to garden, but couldn't reach the ground.

My husband built a garden wall, then pushed the hill all down.

I walked along beside the wall, planted far as I could go.

As rain and sun shone down, my garden would always grow.

I learned to do things differently, with helping hands 'tis true.
When a challenge faces me now, I can just --"Make Do".

Polio is still a simple word, but to live with it each day,

We all do the best we can, in our own special way.

Some are fast, some are slow, we all need help, that's true.

We can make our lives worthwhile, just by --"Making Do."

--By Genevieve Eldredge Polio Survivor from 1945 Polio epidemic in Vermont

This is my story;

I was 24 years old, married four years with two little girls, the youngest was six months old, when I contracted polio in the 1945 epidemic in Vermont. I spent 14 months in the hospital before I was able to finally go home with one leg brace and crutches. My left leg and biceps in both arms were affected the most.

I learned to sew, cook and clean house all over again. I could not lift my arms so I would sew my little dresses standing up and moving the material around with my hands and fingers which were working good, thanks to the devoted physical therapists while in the hospital. I had my chair and bed built up so I could get on and off them by myself. I learned to "Make Do" as my poem tells it all.

I have written three poem books and keep busy doing crossword & jigsaw puzzles. I like to draw and paint. I'm now teaching myself to play the organ (at age 86).

I battle osteoporosis and fatigue so am now in an electric wheelchair most of the time.

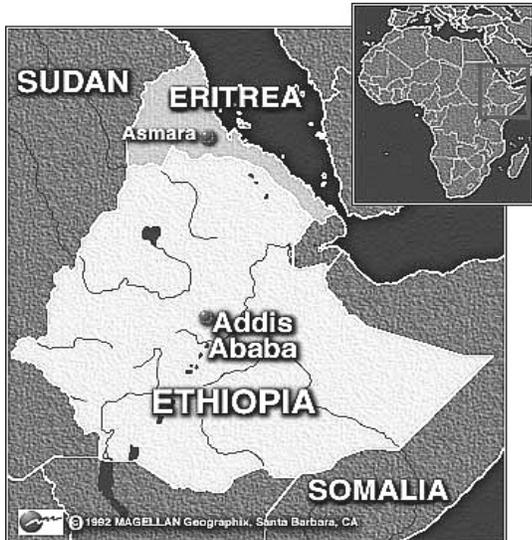
I'm still happily married after 67 interesting and challenging years. I am thankful for my faithful husband and two wonderful daughters who have "Made do" with me. I know God has been with me all the way and I am grateful. As it says in one of my poems: When people say, "You have much courage, You get along so fine". Now I know what courage is, It's just God's hand in mine.

Thank You *Genevieve Eldredge*

The following is from one of our members in Eritrea Africa

My Brief Life History

In this small discourse, I've tried to tell you my life history briefly, introduce myself, and give you some picture the way I grew up. I've also tried to describe myself and tell about the type of disability I have, how I



struggle in life, what kind of help I need and to give you a clear picture about myself and my country's struggle to eradicate polio from our society. I tried to express how I feel about my disabilities and limitations and what are my good and bad sides. Moreover, I have tried to state how our society used to view polio in our country and what changes has been done so far. I have also included the reasons behind for the change in our people's understanding. What has happened during my lifetime and where I get support till this day and so on. My name is Solomon Fessahaye and I'm 33 years old. I have completed high school ten years ago and currently I'm working as a daily labourer. When I was a child, I was dreaming to finish my education and join University College. My ambition was to get a good education and have a good job, so that I can lead my life easily. However, that did not happen instead I was forced to quit at 12th grade. The main barrier for this was because it was difficult for my family to afford the fees I needed for my education. I remember, I was one of the happiest children in my neighbourhood. I thought that I was the same child like the others, but through time, I realised that I had some difference in my physical appearance. I grew up with my parents who were very poor. At the age of four my mother knew that I was infected with polio. She told me that it was unbearable at that time, but she accepted it through time and decided to devote her life for me. Instead of feeling happy about my arrival to this world, my parents hated each other. They had lost their peace after I was born and they were in constant bus up. My

mother was often asking my father to do something about my medical attention. However, my father's income was not enough to do anything for me, consequently, they decided to get divorced. Sometimes I blame myself for being such a burden for my parents and lead them to such a problem. Their separation at the same time made me a victim for not getting help from them. It was possible to get some help that time but my parents were unable to afford for my medication. I thank my mother at least for taking me to some nongovernmental centres to get some medical attention. She was the one who helped me to recover a little bit from what I was born with. That is why I am able to walk with both my legs and ride a bicycle this time. Had she done nothing about it? I would have been very dependent even to move. Moreover, I was able to finish my education with her little income and huge care. However, through time, I became pessimistic with my life particularly with my physical abilities and started realizing my shortcomings. The first time I became deeply aware about myself was when I was twenty years old. I started realising to have some physical pain, which hindered me from studying hard. During that time, I was completing high school and lot of students were able to join University and other colleges but not me. I started to understand people were having a different view on me. From that time on wards, I learned that there was isolation from our society for people like me: children, young and adults. I was feeling so bad when I had problems to engage in a work, which demanded physical fitness. The teachers in our school, for instance, were neglecting me when they need some students from the class to help them to work physically. I used to feel so bad about it day in and out, but now I don't even want think about it anymore. Majority of our people has no education and don't understand things very well, especially about polio. Many people used to consider polio as a curse and don't give you much care and attention. People were trying to hide a polio victim in their family, so that other will not see him/her. Many have vanished without seeing the outside world. People used to hide them entire of their life in their house until they die. Families used to be ashamed of their post-polio son/daughter. This frustrates me a lot as a human being. Some people even don't think that I can work and earn money like a healthy person. They don't think that I can do thins right and on due time. Many people have changed their conception on Polio and these days. Moreover, those thoughts have changed through time. The reason for this is due to the government's relentless efforts to teach people. We appreciate for the efforts done to reverse the

believes of our people and we are consider us like any other citizen. I know I have some limitations with my physical appearance and feel something about it. I have weak muscle down from my hip and vast shoulders, which are very heavy and incomparable with my legs. I have too much weight above my hip and this makes my legs weaker when I walk. To avoid this unbalanced physical occurrence I travel using a bicycle and do some physical exercises. I am aware that I'm a handicap and I'm not as capable as doing things exactly a normal healthy person does. This is a natural happening and I can't do anything about it. I lag behind in performing things most of the time, but I struggle to cope up as much as possible. Some times people don't consider you like others and you feel like inexistent. I am not married and I don't have a child. I feel bad about this, sometimes, as I can't do it as a normal person does. I don't want to get married and I don't have a sense for marriage to establish a family. I am unable to support myself let alone support a family. That makes me naturally a different human from a healthy person. I cannot have a relationship with a girl as I am not physically attractive to women. Due to all the above-mentioned reasons, I decided to live alone. I took polio as my best friend long time ago and I don't really feel anything about it. The reason is that if I don't take it like that I can't even survive. I don't punish myself day in and out for being like this because it is nature that made me this way. I have to do what is good for me and lead my daily life as happy as possible. In our country, it is difficult to get help for the post-polio victims from anyone, especially from the government. The reason for this is that most of the government's efforts are primarily focused on the newly born children, who are infected with Polio. It is obvious that sometimes I need complete help from people especially when I become destitute. The reason for this is I don't get job on time and I become dependent on people. I don't have a permanent job and rely on people's help. I believe in self-reliance and I don't like to rely on someone. I have been struggling all my life to eradicate dependency, which is a key for my survival. Currently I'm working as a daily labourer, I'm a carpenter. I work under an owner and I don't get enough income because I work based on commission every month. Therefore, sometimes I engage myself in some kind of business to foster my income. As far as I know there has no been any help given to any post-polio victim. There are some organisations, which assist some post-polio but that is not enough. For example, Hamer Form Group, from Germany, gives some surgical help to under aged children. They come to our country every year and help lot of troubled children. Sometimes the organisation

take some of the children to Germany to operate them, but that will only reduce polio to some extent and never eradicate it completely. These children are lucky to get early attention before things get worst. During my childhood period, I've never received any help from a private or governmental organisation other than my parents. The government regularly gives vaccination to children under the age of 5. This has been done since 1998 and had good impact in reducing the polio epidemic in our country, I guess. As I have mentioned above the government's efforts are limited to vaccinating children and support them. However, since 2006 I have been getting some support from Polio Epic, INC. I have been receiving News Letters, which guide me on how to protect myself and I've learnt what steps to take for the rest of my life. Though it is not enough for me to survive, it has been playing great role in my life for the last twelve months. As a human being I have some good side and bad side, I am a hard worker, respecting, caring, and most of all I don't give up on matters. I am always optimistic about things, which is my good side. I'm strong and can do lot of things with my strength, I do some physical exercise to strength my muscles. I have also bad side, because I am somehow a perfectionist and would love things to go smooth. I also rush on achieving things within a short period of time. I feel so bad if I don't get things done quickly. However, these days I feel something different with my physical fitness, I feel constant pain on my muscles and don't sleep as before. I go to clinics to have some medical check ups, but it is difficult to afford it. Especially, due to high prices for medicines in our country.

Finally, I would love to thank God for giving me a great mother, who has been looking after me for the last thirty-three years. I also thank for being a member of your renowned organization, which gives me lot of advices. I also like to say that the Post-polio Epic, INC to continue in assisting people like me, who are really in need of help. We, post-Polio, belong to this world's society, who deserve to live as long as other people. Most of all I would love to say that such organizations must assist the newly born children, who are infected with polio and prone to lead such kind of life. A child with Polio must not have to come through such troubled life, with no vision and hope. The only thing I want this time, personally, is to have a happy life as much as possible for the rest of my life. However, to do this I need lot of support from governmental and nongovernmental organizations.

Thank you,

Solomon Fessahaye 16/09/2007



POLIO EPIC, INC.



TUCSON

AARP – Tucson, AZ
6700 N. Oracle Rd # 331
Tucson, AZ
tuaarpinfo@quest.com
520-571-9884
M- F – 9:00 – 4:00
Membership to AARP – 1-888-687-2277
www.aarp.org

During our October General Meeting, we were lucky enough to have the representatives from the AARP visit us and leave us some “special” contact numbers shown below.

SERVICES AVAILABLE

PIMA COUNCIL ON AGING (PCOA)

520-7262

Carol Olander – 790-0564

Meals on Wheels – 790-7262 by zip code

Transportation – Neighbors Care, Alliance

Bashas’ Home Delivery 1-877-968-9500

Yard work – call PCOA



Bashas’ 27169

Thanks A Million Program

September 1, 2007 to March 31, 2008

Friendly reminder, if you haven’t already, to add Polio Epic’s number the next time you are at Bashas’ using your “Thank You Card”.

Bashas’ donates 1% of the total sales to our group, up to \$2500. And don’t forget to tell **all your friends & relatives** that shop at Bashas’ about this program. Again our group number is – **27169**.



From the Treasurer...

Don’t forget to check your address label. If it says **2008** above your name, then your membership is up-to-date. Please contact me for any questions at (520)-797-6898 or

Nannoel@aol.com.

DONATIONS

Ed Boyles
Dick Coleman
BUILDERS \$100 & OVER
James Anderson
James Bernstine
Ruth Creagh
Elena Daughtery
Marion Lundeen
Carol Mayfield
Hal Myers
Arlene Wise
Gene Sherman
FRIENDS \$99 & UNDER

Thank You

Welcome

NEW MEMBER:
Ted Benya – Hereford, AZ

In loving memory:

Board member, **Kathy Zittlosen** passed away on October 20, 2007, following a brief illness. Katherine achieved her Masters Degree in counseling at the U of A and spent many years helping others. Even though she was on our current Board of Directors a short time, her knowledge and contributions will be sorely missed

Virginia Roberts passed away on October 24, 2007, following a courageous battle with cancer. She served on the Polio Epic Board as President, Vice-president, and then secretary for two years. She contracted polio after the birth of three children and before the birth of 5 more!

Virginia's last adventure was a trip to Las Vegas on October 12, 2007 with three of her daughters and son-in-law, to see entertainer Tony Bennett. Somehow she mustered the strength to fly to Las Vegas to attend this show. Arrangements were made for her to meet Mr. Bennett after the show and also have her picture taken with him. It was such a thrill for her even as ill as she was at the time.

Virginia will always be remembered by her beautiful smile, her gentle ways and, of course, her chocolate cookies!!

POLIOEPIC, INC.

SOUTHERN ARIZONA POST POLIO SUPPORT GROUP
P.O. BOX 17556 TUCSON, ARIZONA 85731-7556
(520) 750-8608 (message) www.polioepic.org

FRANK WADLEIGH FUNDS GRANT

Polio Epic, Inc., Southern Arizona Post-Polio Support Group, is accepting applications from its membership for “one time” financial assistance.

This program is made possible by a bequest Polio Epic received from Mr. Frank Wadleigh, a long-time member and supporter of Polio Epic. The purpose of the program is to improve the quality of life for Polio Epic members, while supporting the overall mission of Polio Epic. Reasons for requests will be as varied as the members making the request.

To apply, Polio Epic members must:

1. be in need of financial assistance
2. be at risk for health or safety hazards
3. live in Pima County and be a member of Polio Epic (exceptions to be determined by the Board of Directors)
4. have not received a previous Frank Wadleigh Grant
5. apply for durable goods and/or services only
6. mail the completed application by February 1st or August 1st to the P.O. Box listed below

Assistance is limited to a maximum of \$400 per grant. Selection is based upon economic and social need with priority given to those individuals who have no other resource.

All applications are prioritized by the Polio Epic Board of Directors, with assistance from Polio Epic Professional Advisory Board, as needed.

Applications are available by contacting a board member or can be downloaded from our website: www.polioepic.org and mailed to:

Polio Epic, Inc.
P.O. Box 17556,
Tucson, AZ 85731-7556
(520) 750-8608 (message)
polioepic@aol.com

All applicants will be notified of the Boards decision, in writing, by March 1st and/or September 1st.

Polio survivors use Net to connect, offer aid with aging issues

Published October 29, 2007

[From Lansing State Journal] Kathleen Lavey

Judith Thomas had polio at age 5, spending months in a Sparrow Hospital ward. But when she talks to young people today, she finds out they know nothing about the virus that paralyzed her limbs, the fight she and others had learning to move and walk again, the issues they now face as they age. So the mid-Michigan woman has shared her story in a number of Internet videos including one called "They Killed My Teddy Bear," where she tells about having her white mohair teddy bear taken away to be sanitized and returned to her crispy and brown. "It made its stamp on me. and I'm definitely not the only one," said Thomas, 62. Recent phone calls, e-mails and handwritten letters prove that. Several weeks ago, Margaret Nielsen of East Lansing brought the issue of post-polio syndrome to my attention. Many people who were paralyzed by the virus - now virtually eradicated due to vaccines - decades ago and were rehabilitated now are experiencing new muscle weakness that can severely limit activity. Here's a sampling of notes from polio survivors, their family members, and those who now are dealing with post-polio syndrome:

From Rhonda Hambleton of Lansing, whose mother was hospitalized for nine months in 1954, when her daughter was just a year old: "She regained use of her upper body only and was confined to a wheelchair the rest of her life. ... She was truly a remarkable person to everyone who met her. Her handicap never stopped her from doing the things she loved, other than dancing with my dad, which is what she missed the most. ... She taught all of us kids what it was like to have a handicap and how to overcome it. She always told me that there were people worse off than she was. She just focused on what she could do each and every day."

From Lynne Moeller, 65, of Milford, Iowa: "In everything we have ever done - it was always to be an overachiever. We worked hard to overcome our handicaps. It is unbelievable that the life we led as type A personalities has to be completely relearned. How do you tell a person who has worked 60 hours a week for 30 years that they can't work that many hours and really need a 15 minute rest every 2 hours? We were told we could do it and now we find out we can't."

From Linda Tower: "I had polio not once but twice in 1949 and then again in 1952. I am now 60 years old and have for years complained to my doctor about fatigue. ... I appreciate your enlightening me on this possibility. I need to check this out. Sometimes I like to forget I ever had polio. Maybe my body is not feeling the same way."

From Marilyn Miller of St. Johns: "The late effects have been misunderstood and mistreated for many folks. We not only are not yet dead but there are many of us who still can make helpful contributions to life in our communities. Perseverance is one trait that is well developed among us, and aging brings us to new challenges which require it. Thanks again for the feature."

Post-polio syndrome affects many survivors

WYNT.com -Albany New York (News Channel 13) Posted at: 10/29/2007 04:29:40 PM By: Benita Zahn

ALBANY - When Rep. Michael McNulty, D-Green Island announced he would not seek an 11th term in Congress, he acknowledged his physical condition was a factor in his decision. The congressman, who suffered from polio as a young boy, now lives with post-polio syndrome.

In the United States an estimated 440,000 polio survivors are at risk for post-polio syndrome. While slow and unpredictable, it always leads to fatigue and weakness.

It's something Denise Figueroa, the executive director of the Independent Living Center of the Hudson Valley, lives with daily. Polio has always figured in her life. Diagnosed when she was 9 months old and today celebrating her 53rd birthday, she understands the physical challenges facing McNulty.

Despite making a good recovery, in college Figueroa swapped her braces and crutches for a wheel chair. "Because I started meeting people who were older than me that had polio who started telling me about how their bodies were wearing down faster," Figueroa said.

Back then post-polio syndrome didn't even have a name, just symptoms of fatigue and muscle weakness. It's not a recurrence of the disease, but a side effect of having battled it.

"When you're young you think that's what happens, is that your muscles are being restored. But it's really other muscle groups taking over," Figueroa said.

Those other muscles weren't built for the wear and tear.

Despite taking precautions, Figueroa swapped her manual chair for a motorized one in recent years and she's cut back on her travel in her job.

"For anybody with polio, you do get to a point where you need to start cutting back, particularly on travelling," she said.

So Figueroa understands why McNulty would want to give up the physical demands of his job and applauds his decision.

Dues Form

POLIO EPIC, INC. CURRENT MEMBERSHIP ANNUAL DUES ARE RENEWABLE THROUGH THE FISCAL YEAR OF SEPTEMBER 1, 2007- AUGUST 31, 2008

NAME _____ SPOUSE _____ DATE _____

ADDRESS _____ PHONE (_____) _____

CITY _____ STATE _____ ZIP _____ - _____

Emergency Contact info: _____

EMAIL _____

_____ I am sending in my/our annual dues of **\$10.00** per person for 2007-2008 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**

Some advantages to being in a Support Group?

- You can connect with others and remember that you are not alone.
- You can provide support in hard times.
- You can provide information and coping skills.
- You can offer tips that only other Polio survivors, friends of Polio survivors, and family of Polio survivors understand.
- You can help educate Medical Professionals

You are not alone. Spread the Word!

Only 92% of Children under age 15 are vaccinated for Poliomyelitis in the USA today!

WE ARE STILL HERE!-