

**Question about braces:** I got a new brace to wear and it really squeaks in my shoes. Do you know of a remedy for that?

**Answer:** Some of the ways to take away the squeak that happens when the plastic of the brace rubs against the shoe material are to wipe both the inside of the shoe and the outside of the brace with a dryer sheet or dust the surfaces with talcum powder (baby powder or after bath powder) or a light coating of cornstarch.

**Response:** The suggestion of the dryer sheets has brought me to awe as I walked the hall of my home in a quietness my wife could hardly believe. With the new addition of my second leg brace as a result of post-polio syndrome. I thought I might be forever relegated to the back pew in our church because of my new noisy brace. You have helped me in a special way ... now what do I do with the talcum powder I bought ... just kidding. Mike, San Antonio, Texas

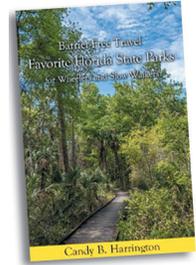
**Regarding problems with cooking:** I eat Compleats® by Hormel. They can be heated in the microwave in a minute. The Roast Beef & Gravy with Mashed Potatoes has 16 grams of protein. (This entrée contains 720 mg sodium.) Janice, New York

**What is the deadline** for the next PHI research grant application? The deadline is October 2, 2017. See [www.post-polio.org/res/rfcall.html](http://www.post-polio.org/res/rfcall.html).

### **New Florida Guidebook Highlights Wheelchair-Accessible State Parks**

*Barrier-Free Travel; Favorite Florida State Parks for Wheelers and Slow Walkers* (\$7.95, C&C Creative Concepts) explores the accessibility of some of the Sunshine State's popular state parks. Penned by accessible travel expert Candy Harrington, this new travel guide

highlights trails, attractions and lodging options for wheelchair-users and slow walkers in 12 of the author's favorite Florida State Parks. The book (\$7.95, ISBN: 978-0998510309) is available at [www.BarrierFreeFlorida.com](http://www.BarrierFreeFlorida.com).



**DePaul University researchers** invite persons with ME, CFS, MS, Lupus, Cancer, Postpolio Syndrome or HIV to participate in a voluntary research study to determine which symptoms may be commonly experienced by individuals in multiple fatiguing illness groups, and which symptoms may be unique to each illness. Participation includes completion of a confidential online questionnaire, which takes approximately 45 minutes to complete.

#### **Eligibility Criteria:**

- Adults at least 18 years of age
- Must be able to read or speak English
- Have a diagnosis of Multiple Sclerosis, Lupus Erythematosus, Cancer, Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Post-polio Syndrome, or HIV.

If you are interested in participating, follow this link to access the survey: <https://redcap.is.depaul.edu/surveys/?s=d9gSMwkGsW>

This survey is open to any English speaking participant over the age of 18 with post-polio syndrome, regardless of location.

Our goal is to understand how the DePaul Symptom Questionnaire (DSQ; Jason et al., 2010), an instrument assessing frequency and severity of a variety of symptoms associated with Chronic Fatigue Syndrome (CFS), can be used to differentiate post-polio syndrome and CFS as chronic conditions with differing symptomatology, given that both conditions do involve fatigue. ■