

# Past issues (by topic) of *Post-Polio Health*

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## Aging with Polio

- Aging Well with Post-Polio Syndrome: The Weight of the Matter (28/4)
- Aging Well with Post-Polio Syndrome: The Promise of PROMIS (28/2)
- Aging Well with Post-Polio Syndrome: The Benefits of Muscle Strengthening (27/4)
- Aging Well with Post-Polio Syndrome: Don't Take Fatigue Lying Down (27/3)
- Aging Well with Post-Polio Syndrome: Don't Let Fall Prevention Fall through the Cracks (27/2)
- Thoughts from a Seminar on Aging with a Physical Disability (27/1)
- Aging Well with Post-Polio Syndrome: Dealing with Pain (26/1)
- Aging Well with Post-Polio Syndrome: Addressing Habits that Cause Sleep Problems (25/3)
- Aging Well with Post-Polio Syndrome & Sleep Problems (25/2)
- Options for Long-Term Care for US Polio Survivors (20/2)
- Are You Prepared? Advance Directives (20/1)

## Ask Dr. Maynard

- |                               |                               |                               |
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## Assistive Technology

- Successful Bracing Requires Experience, Sensitivity (26/4)
- When Do You Need a Power Chair? (26/3)
- Dx: Post-Polio Syndrome Rx: One Assistance Dog, Individualized for the Owner (23/3)
- How to Make Low Cost PVC Crutches, Walkers and Wheelchairs (22/3)

In Search of the Perfect Mini-Van (21/2)

Ralph: The Home Assistant (20/4)

## Breathing/Swallowing/Voice

- Swallowing Difficulty and the Late Effects of Polio (26/3)
- What Your Voice Is Saying About You (26/2)
- My Journey through the Basics of Post-Polio Breathing Problems (23/4)
- Post-Polio Breathing and Sleep Problems Revisited (20/2)

## Clinics/Physicians

- Report of an EFNS Task Force: EFNS guideline on diagnosis and management of post-polio syndrome (22/4)
- Activities of the EFNS Task Force on Post-Polio Syndrome (20/4)

## Education/Training

- Books to "Check Out" (21/2)

## End of Life

- A Gentle Death, Part I (29/2)
- A Gentle Death, Part II (29/3)
- A Gentle Death, Part III (29/4)

## Exercise/Activity

- Polio Survivors and The Paralympics: WE'RE STILL HERE (28/4)

## History

- Looking Back, Moving Forward (28/3)
- 30 Years Later ... WE'RE STILL HERE! (27/4)
- Remembering the Polio Crusade (25/2)
- What We Were Thinking (Smithsonian Exhibit on Polio) (21/2)

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is one issue

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## Independent Living

- Is a Pre-Existing Condition Insurance Plan the Right Fit for You? (28/1)
- A Front Row Seat: Improvement Needed for Wheelchair Accessibility (23/2)

## Management/Coping

- Learning to Dance in the Rain (29/3)
- Not Going Is Not an Option (26/4)
- Promoting Positive Solutions
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- Reaching for Wellness: Skill by Skill (25/4)
- How I Learned to Stop Worrying and Love Technology (24/2)
- Post-Polio Wellness Retreat in Northern Michigan: A Model for Others (22/4)
- Therapeutic Use of Music (22/1)
- Techniques to Help Us Make Changes (22/1)
- From the Inside Out (20/4)
- A Wonderful Encounter of "Same Here" (20/3)
- Telling Stories (20/2)

## Management/Treatment

- Neurogenic Bladder: What Are My Options? (29/2)
- Navigating the Seating and Mobility World with Post-Polio (29/1)
- Conquering Mysterious Foot Pain (28/4)
- Pressure Sores Are Painful, but Preventable (27/4)
- Every Body Benefits from Massage (27/1)
- New Knowledge about Cholesterol Drugs & Muscle Problems (26/1)
- Bits of Wisdom from Living with Polio in the 21st Century (25/3)
- Feldenkrais<sup>™</sup>: An Exploration of Possibility (25/1)
- Rehab for Incontinence Solves Two Problems (24/4)
- To Have Surgery or Not to Have Surgery – That Is the Question! (24/1)
- Carpal Tunnel Syndrome (23/2)
- Myofascial Release Therapy (23/2)
- More about Ivlg (23/2)
- Gastroesophageal Reflux Disease (23/1)
- Sacroiliac Pain: A Physical Therapy Perspective (22/3)
- Recent Experience Using Immunoglobulin to Treat Post-Polio Syndrome (22/3)
- My Search for a Better Polio Brace (22/2)
- Screening Recommended for Male Polio Survivors (22/1)
- Try A Cane (22/1, sidebar)
- Fear of Falls, Risks and Practical Strategies (21/4)
- Overuse and Disuse Weakness (21/3)
- Acute Postoperative Pain (21/3)
- Activities of the Post-Polio Program in Johnstown, Pennsylvania (21/1)
- Transition from a Metal/Leather Leg Brace to a Plastic/Metal Hybrid (21/1)
- Interrupted Sleep, Pain and Fatigue ... Not What You Think (20/3)
- S.O.S. Save Our Shoulders: A Guide for Polio Survivors (20/2)

## Medication

- More Research About Bisphosphonate Treatment in Polio Survivors (28/1)
- Calcium, Vitamin D and Bisphosphonates, Oh My! (27/3)

## Nutrition

- Vitamin D – Are you getting your fair share? (22/4)
- What about Flaxseed? (21/2)
- The Glycemic Index: Good Carbs, Bad Carbs (20/3)
- Healthy Eating: Fat Facts (20/1)

## Pathology/Cause

- What Having Had Polio Causes, Might Cause and Does Not Cause (28/2)
- Overuse and Disuse Weakness (21/3)

## Polio and Other Illnesses (co-morbidities)

- More Research About Bisphosphonate Treatment in Polio Survivors (28/1)
- Calcium, Vitamin D and Bisphosphonates, Oh My! (27/3)
- Diabetes and Post-Polio Syndrome: Conditions Which Are Chronic but Manageable (20/2)

## Polio Survivors Around the World

- Our Journey to India (26/2)
- Polio Wonder Welders (24/4)
- Change of Perspective Benefits Survivors in Northern Nigeria (24/1)
- "The Way We Are" – A Club Promoting Self-Confidence in the DR Congo (23/3)
- How to Make Low Cost PVC Crutches, Walkers and Wheelchairs (22/3)
- Braces and More for Polio Survivors in the Democratic Republic of Congo (22/1)

## Promoting Positive Solutions

- 29/1  29/2  29/3  29/4

## Relationships

- On Losing A Polio Mom (29/1)
- Memories to Honor and to Heal (23/3)
- Teen Polio Survivors Coming of Age in the 21st Century (22/2)

## Research

- PHI Doubles Research Fund Grant to \$50,000 (29/4)
- Research Update: Role of Oral Glutathione (29/4)
- Research Update for 2013 and 2011 (29/1)
- IVlg Update (28/2)
- Updates from The PHI Research Fund's 2011 Grantees (28/1)
- More Research About Bisphosphonate Treatment in Polio Survivors (28/1)
- Final Report: Persisting Noninfectious Genome Fragments of Poliovirus in PPS Patients (26/2)
- Research Update: Biomarkers & Persistent Viruses (26/1)
- \$25,000 Grant Awarded to Advance Noninfectious Virus Detection in Polio Survivors (24/4)
- Regulatory T Cells as a Biomarker of Post-Polio Syndrome (24/2)
- Fourth Research Award Recipient Submits Interim Report (23/3)
- PHI Awards Research Grant to University of Arkansas Team (23/1)
- Clinical predictors of electromyographic findings of remote polio in unaffected limbs of adults with a history of acute paralytic poliomyelitis (22/4)
- Information Surrounding Article from Mayo Clinic Causes Frustration (22/4)
- Recent Experience Using Immunoglobulin to Treat Post-Polio Syndrome (22/3)
- Summary of Research Presentations from Strategies for Living Well, June 2005 (22/2)
- Exploring Early Use of Noninvasive Ventilation (Preliminary Report from The Research Fund Recipient) (22/1)
- Post-Polio, Menopause and Aging: 13 Major Study Points Provide
- New Knowledge, Clues for Care (20/3)
- Participants, Their Health Status and Data about Menopause (20/1)

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### **Support Groups**

- Study Tour of United States and Canada Identifies Techniques to Better Manage the Late Effects of Polio (24/3)
- PHI's "Leadership" Column Comes to the Website (24/1)
- Israeli Advocates Win Compensation (23/2)

### **Surgery**

- Anesthesia Use in Polio Survivors: What's New? (27/2)
- The Mohs & Me (25/4)
- Surgery: Another Point of View (25/1)
- To Have Surgery or Not to Have Surgery – That Is the Question! (24/1)
- Guidelines for Obstructive Sleep Apnea Patients Established (22/1)
- Acute Postoperative Pain (21/3)

### **Travel**

- Learning to Drive Again: One Hand at a Time (26/3)
- In Search of the Perfect Mini-Van (21/2)
- Flying to Norway (21/1)

### **Universal Design/Accessibility**

- WE'RE STILL HERE! Improving Accessibility Places of Worship (27/2)
- The Garden: Incorporating the Principles of Universal Design (25/2)

### **US Government**

- The ADA Amendments Act of 2008 (24/4)

### **Vaccine(s)**

- Shingles Vaccine Experience among the Survivors of Polio (29/4)
- Shingles Vaccination: Should Polio Survivors Receive One? (24/3)
- Report of Polio in Minnesota: Questions and Answers that Clarify the Headlines (21/4)

### **Women**

- Post-Polio, Menopause and Aging: 13 Major Study Points Provide New Knowledge, Clues for Care (20/3)
- Participants, Their Health Status and Data about Menopause (20/1)