



# Polio Survivors Serving Each Other

Information & Inspiration  
For All Polio Survivors and their Families  
The PA Polio Survivor's Network

[www.papolionetwork.org](http://www.papolionetwork.org)

March, 2022

## Our Mission:

*To Be in Service Providing Information to Polio Survivors, Post Polio Support Groups, Survivor's Families and their Caregivers.*

## Inside this Issue:

**Fatigue is Exhausting – there's no doubt about it.** What causes it? Is it all a result of having had polio? What can be done about it? Primary Care physician, Dr. Marny Eulberg, MD, a polio survivor herself, has explained what it is to be overwhelmed with that feeling of being overly tired. She explains the different aspects of what makes up that word – Fatigue. She also give us solutions to help us go forward.

**Polio Survivor Frida Kahlo was an ordinary woman who did extraordinary things.** As part of an outstanding series of children's books, author Brad Meltzer wrote a fascinating book, with marvelous illustrations about her life. Our friend Pamela Sergey was the perfect choice to review this book. A true lover of art, she has been compassionate and an outstanding source of support for our work. "Children reading *I Am Frida Kahlo* will grasp Frida's resilience, inner strength and national pride. Her resolute defiance in the face of great pain will give them tools to become heroes in their own lifetime."

**Resilience:** (the ability to become strong, healthy, or successful again after something bad happens) characterizes many, MANY polio survivors. Many of us see it as picking ourselves up – both literally and figuratively, again and again. The more we speak out about the realities of the late effects of polio, the more we're being heard. [Team Survivor](#) has now vaccinated more than 85,000 children. The more we actually participate in becoming part of the solution, the better we feel.

Your stories ([In Our Own Words](#)) are being read/viewed by more audiences every month that goes by. Dr. Richard Bruno, HD, PhD posted a fascinating article in May of 2019 regarding the value of speaking out and it's impact regarding Vaccine Hesitancy. This article "Exposing Vaccine Hesitant To Real-life Pain Of Diseases Makes Them More Pro-vaccine" encourages our participation and helps explain why we need to continue this important work. We are survivors, who want to help parents understand, the pain and disability from this disease can last a lifetime. Your stories ARE making a difference.



Survivor Kathy (Kat) Schenato has been speaking out about the realities of polio and the importance of childhood vaccines. The more she does, the more resilient she becomes. Kathy is truly thriving.

"Meet Kathy Schenato and her service dog, Rebel. Kathy and Rebel volunteer in Creative Clay's Community Arts Program twice a week. The team has been volunteering since July.

Rebel is trained to assist Kathy with mobility, but he also has an instinct for helping and comforting. Often, he can be seen next to a member artist who might be having difficulty or feeling sad. Creative Clay is grateful for their presence, and Kathy's expertise. She has lived in St. Pete off and on since 1971 but spent 30 years as a special/exceptional education teacher. She became aware of Creative Clay when she worked with Pinellas County Schools' Transition students at Pinellas Technical College."

You can see Kathy's story and video on the Survivor Stories: [In Our Own Words](#) page of our website.

Source: Facebook [www.facebook.com/creativeclaystpete](http://www.facebook.com/creativeclaystpete)





## Fatigue - It Makes Me Tired.

By Marny Eulberg MD

### Primary Care Perspectives

Just thinking about fatigue can make me tired! There are so many aspects to this issue. First, people can mean so many different things when they use the word. Are they talking about muscle fatigue that happens when they have exercised beyond the limits of their muscle(s)? Do they mean brain fog and difficulty processing information at certain times or nearly all the time? Do they mean a lack of a sense of meaning or joy from activities that used to be meaningful to them?

### Definitions of Fatigue

The American Heritage Dictionary of the English Language lists three definitions of fatigue (the noun), which are:

- 1) physical or mental weariness resulting from effort or activity,
- 2) something, such as tiring effort or activity, that causes tiredness or weariness, and
- 3) the decreased capacity or complete inability of an organism, organ, or part to function normally because of excessive stimulation or prolonged exertion.

Taber's Cyclopedic Medical Dictionary defines fatigue as:

- 1) A feeling of tiredness or weariness resulting from continued activity or as a side effect of some psychotropic drug. This overwhelming sustained sense of exhaustion results in decreased capacity for physical and mental work.
- 2) The condition of an organ or tissue in which its response to stimulation is reduced or lost as a result of overactivity.
- 3) To bring about fatigue (when the word is a verb)

The medical definition is closer to what I think polio survivors mean when they talk about exhaustion, rather than the non-medical one.

### Causes of Fatigue

There can also be so-o-o many causes for a feeling of fatigue - separate from, or in addition, to one's prior history of polio and whatever damage the polio might have caused. The website for the Mayo Clinic ([www.mayoclinic.org](http://www.mayoclinic.org)) lists 27 conditions that (can) be the basis for your feeling this way! These other conditions, if present, can be the sole reason that one is fatigued or there can be more than one thing causing this feeling of exhaustion. When these conditions are added together, it can be truly tiresome.

It makes sense that if one is not getting restorative sleep, they will be tired the next day. Causes of non-restorative sleep can include untreated sleep apneas, restless legs, the need for frequent trips to the bathroom during the night, depression, and difficulty getting to sleep or maintaining sleep.

Unrelated to poor sleep is an even longer list of conditions that can be responsible for fatigue including severe liver, kidney, heart or lung diseases, various causes of anemia, many cancers or the effects of chemotherapy or radiation used to treat them, auto-immune diseases such as rheumatoid arthritis or inflammatory bowel conditions, an underactive or overactive thyroid gland, uncontrolled blood sugar, a number of medications (pain meds especially opioids, some heart and blood pressure drugs, antihistamines, and meds for anxiety, depression, and other mental health issues), and miscellaneous conditions as diverse as chronic fatigue syndrome, fibromyalgia, post-concussion syndrome, multiple sclerosis, and grief.

### Treatment Options for Fatigue

It is important to rule out and/or treat conditions that could be causing or contributing to a person's feeling of being overtired. Depending upon the cause of your fatigue, the treatments can vary and will be different than the treatment recommended for fatigue due to post-polio syndrome (PPS).

Note: Your physician can treat these causes simultaneously while the individual is enacting the measures recommended for post-polio fatigue.

continued . . .

Several medications to treat PPS fatigue have been researched. Several had significant side effects and, to date, none have been found to be any more effective than lifestyle changes.

It would be wonderful if there were medications that decreased or eliminated post-polio fatigue but as I write this in 2022, that simply is NOT the case.

The measures that have been found to be helpful are pacing activities, taking rest breaks, and a careful assessment of one's activities and using that information to modify one's activities. Attached is an activity diary (fatigue log at the end of this article) that was developed by the International Centre for Polio Education for use in their clinic.



To cover the kind of detail that is needed to get a “full picture”, this diary/log will be a multi-page exercise.

During the period that the data is being recorded, recordings of activity should be made at least once an hour. It is easy to “forget” or negate some activities that you may just take for granted if you wait until the end of the day to write them down.



After completion of a carefully done, brutally honest activity diary, some polio survivors will be able to self-identify areas where they need to make changes. I imagine that the majority will benefit from going over the results with someone who can be much more objective. That person might be a trusted friend, a spouse, or a professional such as a physical or occupational therapist.

### Should, Need to, Have to, Want to and want to

Long-held beliefs such as that it is mandatory that one makes their bed each day or that you must be the person mowing the lawn, may need to be put aside and hard calculations made based solely on the energy output needed for that activity.

- Is it so important that YOU perform certain tasks in a certain way that you then have no energy left to do things that you truly enjoy doing?
- What is the essence of those enjoyable activities?
  - If walking or hiking brings you joy—is it mostly about being out in nature?
  - Is it mostly the time spent with another person or your pet?
- If the physical act of walking is exhausting or causes pain, could you still reap the enjoyable benefits of this activity riding in a powered mobility device?

In his article [Conserve to Preserve – What Does it Really Mean?](#), Dr. William DeMayo wrote “Chronic overuse, not activity, is the culprit to avoid.” Dr. DeMayo expanded on this idea as he wrote, “I would suggest it would be healthier to say, “Deciding what you really **W**ant to do and holding off of the things that you **w**ant to do (**w** = impulse or desire, but not a decision).”

“I believe that words that we use in our head have power over us and so deciding what we **W**ant vs what we want can be an important factor in changing our decisions. Many people do this already with their finances and purchases but have not thought to apply the same language to their activity and health.”

It can be useful to calculate the use of your energy day in the same way you'd think about the amount of gasoline in the gas tank when you consider a trip or the amount of money you have in your checking account when contemplating a purchase.

Dr. DeMayo continued, “Another set of similar words that can have power in influencing our behavior and health include: ‘need to’, ‘have to’, and ‘should’. These are all disabling words that give us no choices. Using “Want to” (as a decision, after weighing pros and cons”) in place of these words is always much more enabling and positive. I often say “The only thing we ‘Have To’ do in life is die, everything else is a choice. Once we acknowledge this truth, we can make progressively healthier choices.

The holidays are a particularly difficult time when it comes to these activity decisions. To avoid chronic overuse activities, some helpful questions to consider during a holiday season may include:

1. Do I want to continue to push myself to prepare the big family dinner (and risk creating pain and exhaustion) or do I **W**ant to put my relationships with family first and preserve my energy by asking for help?
2. Do I need to climb that ladder to put up decorations despite the obvious risk?

continued . . . .

2. Do I have to bake 12 dozen cookies, or do I Want to avoid overdoing it and dial it back a bit and ask for help or purchase cookies?
3. Should I 'shop 'til I drop' or do I Want to be a better example to my kids and grandkids by purchasing or even making one special gift.

All these questions center around individual values, desires, and goals. It is my hope, especially during the holiday season, that we can all focus on our real Wants and be less driven by desires/wants, 'have to', 'need to', and a 'should' mentality."

Dr. DeMayo used the holidays as an example perhaps because it intensely highlights the choices we can make about activities that may be adding up to make us tired, fatigued, weary to the bone. Discovering what your triggers are will not be easy, nor quick. There may be a few "aha" moments along the way, but mostly it will be a series of small insights and steps that add up to decreasing your fatigue while still allowing you to get enjoyment out of your life.

The act of conscientiously filling out the activity diary/ fatigue log will be challenging. Simply sitting down once every hour to list the activities that you did in the last hour and how hard it was to do those activities may lessen your exhaustion by forcing you to take a physical rest break every hour.

Countless polio survivors who have completed the activity diary worksheets and then modified their lives continue having enjoyable and meaningful lives. Polio survivors are creative beings who learned to walk when doctors said they would never walk or discovered they could breathe on their own by using a technique such as "[frog breathing](#)" that even the medical community did not know about. You can do this too!

Maybe you will even develop some tips and techniques that you can share with others to help them make their lives better too.

[Marny Eulberg, MD](#)  
Primary Care Perspectives



### More on this topic:

#### Bruno Bytes

From [Richard L. Bruno, HD, PhD](#)

Director, International Centre for Polio Education



#### [On the topic of PPS Fatigue and the drug Modafinil](#)

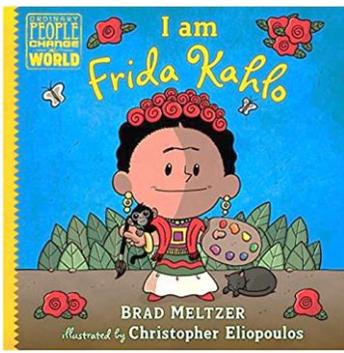
Original Post: I've been so tired lately that I don't have the strength to hold a conversation. I'm considering Modafinil to help me feel less tired.

Dr. Bruno's Response: A large, double-blind, placebo controlled study showed that Modafinil had NO effect on fatigue in polio survivors!

#### [On the topic of PPS Fatigue](#)

Question: The most annoying aspect about fatigue is its variability. Every day is different and my reserves aren't consistent. Some days I achieve a huge amount without any subsequent fatigue and at other times a fraction of that effort will have me crashed out for days. I've noticed that today's over exertion doesn't always cause tomorrow's crash. My body's reaction can be several days later or it can be an accumulation of several weeks' worth of tiny exertions. I consciously try to listen to my body, limiting my efforts but every now & then (and increasingly), without warning my body says NOT TODAY!!

Dr. Bruno's Response: You are actually defining the predictability of Post-Polio fatigue: "... today's over exertion doesn't always cause tomorrow's crash. The body's reaction can be several days later or it can be an accumulation of several weeks' worth of tiny exertions." You describe the "48 Hour Rule:" Fatigue after exertion often takes 48 hours to reveal itself. This is why it's so important to measure steps and keep a daily log of activities and symptoms to reveal the triggers for fatigue. You will find the [PPS Fatigue Log](#) and many [articles](#) about PPS Fatigue, under that topic in the comprehensive [Encyclopedia of Polio and PPS](#).



## Ordinary People Change the World: I Am Frida Kahlo

by Brad Meltzer, Illustrated by Christopher Eliopoulos

### A Book Review by Pamela Sergey

*"I am not sick. I am broken. But I am happy to be alive as long as I can paint."*

*"Nothing is worth more than laughter.*

*It is strength to laugh and to abandon oneself, to be light.*

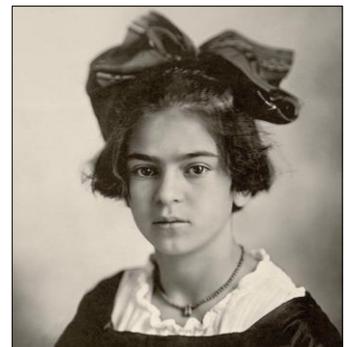
*Tragedy is the most ridiculous thing."*

- Frida Kahlo (1)

In January 2014, Meltzer joined forces with artist Christopher Eliopoulos (from Marvel Comics) to launch a new series of children's books titled *Ordinary People Change the World*. It is a line of lively and cleverly illustrated biographies for kids showcasing the lives of American icons as children themselves. The series started with *I Am Amelia Earhart*, followed by *I Am Abraham Lincoln*, which debuted as #3 on The New York Times bestseller list in February 2014. Each book explores the champion's traits and childhood influences in an informal writing style. Young readers can apply lessons learned from the heroes lives to their own lives. In March 2021, Meltzer and Eliopoulos released *I Am Frida Kahlo*, the 23<sup>rd</sup> book in the series.

After contracting polio at age six and surviving a bus crash when she was 18, Mexican artist Frida Kahlo (1907-1954) made her mark in art history by transforming her own suffering into complex and colorful paintings. *"I do not know whether my paintings are Surrealist or not,"* she stated in a letter to a friend in 1952, *"but I do know that they are the frankest expression of myself."* (2)

Polio affected Frida's right leg, making it shorter and thinner than her left. *"It all began with a horrible pain in my right leg from the muscle downward," she remembered. 'They washed my little leg in a small tub with walnut water and small hot towels.'* (2) She would spend the next nine months in bed. Frida was a clever and creative child and to keep her occupied, a family friend gave her drawing lessons and her photographer father taught her photography and dark room techniques. Eventually she would go along with him on photo shoots and help him in the dark room. Kahlo's father also encouraged her academically, and in 1922 she was accepted into the elite National Preparatory School in Mexico City. Being one of only 35 female students, Frida intended to study medicine. It is also where she met her future husband, muralist Diego Rivera. To strengthen her weaker leg, her father got her involved in sports. Frida played soccer, boxed, wrestled, and became a champion swimmer. However, at school, she was bullied and faced discrimination. *"I knew the battlefield of suffering was reflected in my eyes. Ever since then, I started looking straight into the [camera] lens, without winking, without smiling, determined to prove I would be a good warrior until the end."* (2)



Frida Kahlo, 1919  
Source: Frida Kahlo Museum

In 1925, at the age of 18, Frida Kahlo was severely injured when the wooden bus she was riding in was struck by a streetcar, sending a steel handrail through her back and out her pelvis. The crash fractured her spinal column in 3 places, her right leg in 11, broke her collarbone, ribs, pelvis, and crushed her right foot. The additional damage to her right leg and spine would cause her lifelong problems and constant pain.



Frida painting in bed, 1940.  
Source: Frida Kahlo Museum

To help pass the long hours recuperating in a body cast, Kahlo began painting again. Her father gave her his paints and brushes, and her mother set up a portable easel and installed a mirror to the underside of Frida's canopy bed so she could paint herself while laying down. She completed her first self-portrait, *Self Portrait in a Velvet Dress*, in 1926. *"I paint self portraits because I am so often alone, because I am the person I know best."* (2) Frida

is most remembered for these self-portraits, often as manifestations of her pain. During her lifetime, she officially painted 55 self-portraits, representing roughly a third of her total artwork.

By the early 1940s, Frida would be in chronic pain from her back and right foot, unable to sit or stand for long periods of time, confined instead to her bed or a wheelchair. Over the course of her lifetime, Frida would continued . . . .

wear over 25 corsets ranging from plaster and leather to steel, endure over 30 surgeries, months of bedrest. She started wearing shoes with a built-up right heel and long, traditional Mexican Tehuana dresses to conceal her lower body and to express loyalty for her Mexican culture.

Although Kahlo had solo exhibitions in New York and Paris in the late 1930s, it was not until the spring of 1953 that her first solo exhibition opened in Mexico. She was in extremely poor health at the time, and her doctors advised her not to attend. Strongminded and stubborn, she found a way to attend. Frida arrived by ambulance, her bed was brought into the gallery and she held court lying in her own bed.

1953 also marked the year that gangrene set into her right foot and her leg was amputated below the knee. In place of the hospital's standard-issue prosthetic, she designed and had one custom-made – complete with a red lace-up boot, embroidered with dragons and bells. She said, *"If I have to wear a prosthetic leg it may as well be beautiful."* (2)

The next year, July 1954, just a week after her 47<sup>th</sup> birthday, Frida was dead from a morphine overdose, probably a suicide. Written in her journal were her last words, *"I joyfully await the exit - and I hope never to return – Frida."* (1)

Kahlo was one of those stubborn people who "takes a licking and keeps on ticking", no matter what life threw her way. She treated her polio and her accident as a new beginning and started painting the world as she saw it. *"I don't paint dreams or nightmares, I paint my own reality,"* Kahlo said. *"The only thing I know is that I paint because I need to, and I paint whatever passes through my head without any other consideration."* *"Painting made my life complete. I lost three children . . . painting was a substitute. I think working is the best thing,"* she once said. (2)

Frida was only marginally successful during her life and remained undiscovered for 30 years. Her first painting to sell, *Tree of Hope-Remain Strong* (1946), sold at auction in 1977 for \$19,000. In 2016, her painting *Two Nudes in a Forest* (1939) fetched \$8 million. Vocal artist Madonna is known to admire and collect her work.

Children reading *I Am Frida Kahlo* will grasp Frida's resilience, inner strength and national pride. Her resolute defiance in the face of great pain will give them tools to become heroes in their own lifetime.

*"At the end of the day, we can endure much more than we think we can."* - Frida Kahlo (2)

*"Don't build a wall around your own suffering - it may devour you from the inside."* - Frida Kahlo (2)

The Global Polio Eradication Initiative (GPEI) declared Mexico has been declared polio-free in 1990.

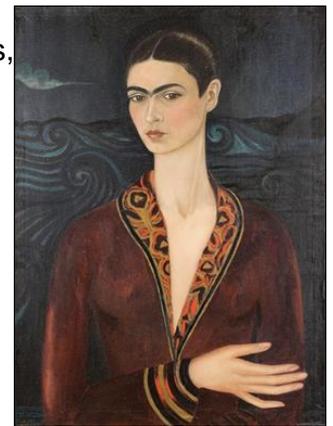
**Brad Meltzer** is a Brooklyn-born lawyer, an award-winning author of political espionage thrillers, non-fiction and comic books, and the host of several TV series on PBS Kids and the History Channel. Following the birth of his first child, Meltzer added non-fiction children's books to his long list of accomplishments, releasing *Heroes for My Son* in May 2010, and *Heroes for My Daughter* shortly thereafter.

Meltzer also helped locate the missing 9/11 flag raised by firefighters at Ground Zero, World Trade Center. Using his TV show, *Brad Meltzer's Lost History*, he recounted the story of the missing flag and asked viewers to help find it. Four days later, a man walked into a fire station in Everett, Washington, said that he saw Meltzer's TV show, and wanted to return the original flag. Meltzer unveiled the flag at the National September 11 Memorial & Museum in New York on the 15<sup>th</sup> anniversary, where it is now on display. (3)

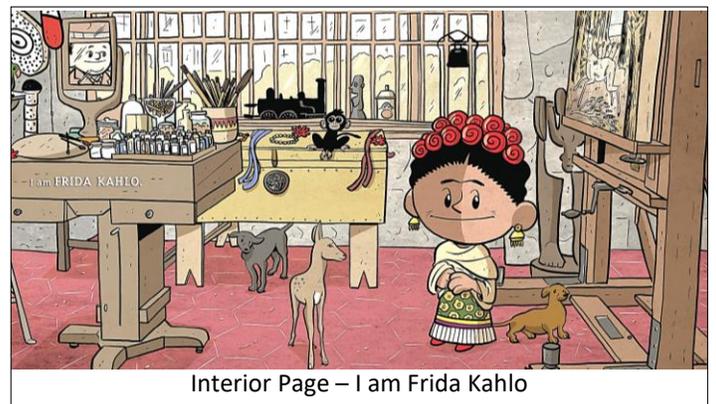
Sources: (1) Frida Kahlo website <https://www.fridakahlo.org/frida-kahlo-quotes.jsp>

(2) Herrera, Hayden. *Frida: A Biography of Frida Kahlo*. New York, Harper, 1983

(3) Gustines, George Gene. "Long-Lost 9/11 Flag, an Enduring Mystery, Will Go on View at Museum". *The New York Times*, September 6, 2016



Self Portrait in a Velvet Dress - Frida Kahlo.org



Interior Page – I am Frida Kahlo

# Exposing Vaccine Hesitant To Real-life Pain Of Diseases Makes Them More Pro-vaccine

Study subjects interviewed people with vaccine-preventable diseases

Brigham Young University (22-May-2019)

"The re-introduction of measles, mumps and other previously eradicated diseases to the United States is nothing short of a public health crisis. Since Jan.1, a staggering 880 individual cases of measles have been confirmed in 24 states -- the greatest number of cases since 1994. Measles was declared eliminated in the U.S. in 2000.

The outbreaks have been attributed to an increasing number of Americans who choose not to vaccinate themselves or their children. Overcoming this "vaccine hesitancy" is a major concern for government and health agencies, which have tried a variety of approaches to convince anti-vaxers to change their minds, including mandating vaccinations in some communities.

New research from Brigham Young University professors Brian Poole, Jamie Jensen and their students finds there is a better way to help increase support for vaccinations: Expose people to the pain and suffering caused by vaccine-preventable diseases instead of trying to combat people with vaccine facts.

"Vaccines are victims of their own success," said Poole, associate professor of microbiology and molecular biology. "They're so effective that most people have no experience with vaccine preventable diseases. We need to reacquaint people with the dangers of those diseases."

Poole and his team designed an intervention for college students in Provo, Utah -- a city which ranks sixth nationally for under-vaccinated kindergartners -- with the hope to improve vaccine attitudes and uptake among future parents. The experiment was carried out with 574 students, 491 of which were pro-vaccine and 83 being vaccine hesitant, according to a pre-study survey.

For the study, half the students were asked to interview someone who experienced a vaccine-preventable disease such as polio, while the other half (serving as the control group) interviewed someone with an auto-immune disease. Meanwhile some students were also enrolled in courses that contained intense immune and vaccine-related curriculum while others were enrolled in a course with no vaccine curriculum.

One student interviewed a member of their church congregation who had shingles, recalling, "The pain was so bad that she ended up at a pain management clinic where they did steroid shots into her spine. The pain meds didn't even touch her pain, even the heavy ones. For months, she couldn't leave the house." Another student interviewed her grandmother, who suffered from tuberculosis. The student said of the experience: "I dislike the idea of physical suffering, so hearing about someone getting a disease made the idea of getting a disease if I don't get vaccinated seem more real."

Researchers found nearly 70 percent of the students who interviewed someone with a vaccine-preventable disease moved from vaccine hesitant to pro-vaccine by the end of the study -- even when they had NO vaccine curriculum. Overall, 75 percent of vaccine-hesitant students increased their vaccine attitude scores, with 50 percent of those students moving fully into pro-vaccine attitudes.

The researchers also found all vaccine-hesitant students enrolled in a course with intensive vaccine curriculum significantly increased their vaccine attitude scores, with the majority of them moving into the pro-vaccine category.

"If your goal is to affect people's decisions about vaccines, this process works much better than trying to combat anti-vaccine information," Poole said. "It shows people that these diseases really are serious diseases, with painful and financial costs, and people need to take them seriously."

Poole and coauthors hope other universities and government agencies will see their findings and consider using similar methods to improve vaccine attitudes. Graduate student Deborah K. Johnson served as lead author on the paper, which published this last week in the journal *Vaccines*."

Source: [Article](#) posted by Richard L Bruno, HD, PhD in the Post-Polio Coffee House



**We had polio. There's nothing we can do to change that.  
What we CAN do is speak out.**

**We are survivors who want to help parents understand -  
the pain and disability from Polio can last a lifetime.  
By working together, we ARE a part of the solution.**

Send us your brief story – either written (or) a video - [info@papolionetwork.org](mailto:info@papolionetwork.org)  
You can see what others have done – [Survivor Stories: In Our Own Words](#) on our website.

# Post-Polio Fatigue Log

[Available](#) for Download and Printing.

Name: \_\_\_\_\_

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time	Activities & Steps	Perceived Exertion	Specific Muscle Weakness	Overall Fatigue	Pain Mood Breathing	Activities that produced Symptoms & Modifications
			Rate as mild-moderate-severe			
Up	Food?:  Sleep Quality?:					Activity:  Symptom:
<b>BREAK</b>						How did you do the activity & how were you positioned?
Noon	Food?:					How could you modify?
<b>BREAK</b>						Activity:  Symptom:
6 pm	Food?:					How did you do the activity & how were you positioned?  How could you modify?
Bed						
Total Steps:						
Perceived Exertion Scale	6 Very, Very Light	7 Very, Very Light	8 Very Light	9 Fairly Light	10 Fairly Light	11 Somewhat Hard
	12 Somewhat Hard	13 Somewhat Hard	14 Hard	15 Hard	16 Very Hard	17 Very Hard
	18 Very, Very Hard	19 Very, Very Hard	20 Very, Very Hard			

## Anesthesia Warning Card

This card is easily available for you to download and print. It is on the [Anesthesia Warning](#) page of our website: [www.papolionetwork.org/-anesthesia-warning](http://www.papolionetwork.org/-anesthesia-warning)

The language on the card and on our website was carefully reviewed by five outstanding PPS professionals (all of whom are listed on the page).

The scan code on this card came at the recommendation of two of those PPS knowledgeable physicians.

The articles are easily accessible from a doctor's cell phone.

Of greatest importance:

The biographies of the professionals who wrote the articles are easily available as well.

**Anesthesia Warning!**  
**I am a Polio Survivor**

- EASILY SEDATED, and can be difficult to wake
- Can Have Difficulty BREATHING and SWALLOWING with Anesthesia
- HYPERSENSITIVE to PAIN and COLD. May Need heated blanket and increased pain medication post-op.



Information Available (scan code):  
"Preventing Complications in Polio Survivors Undergoing Surgery"  
"Breathing Outcomes: Post-Poliomyelitis Syndrome(PPS)"

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**I am a Polio Survivor with Post-Polio Sequelae**

Name \_\_\_\_\_

I have these Symptoms (checked):

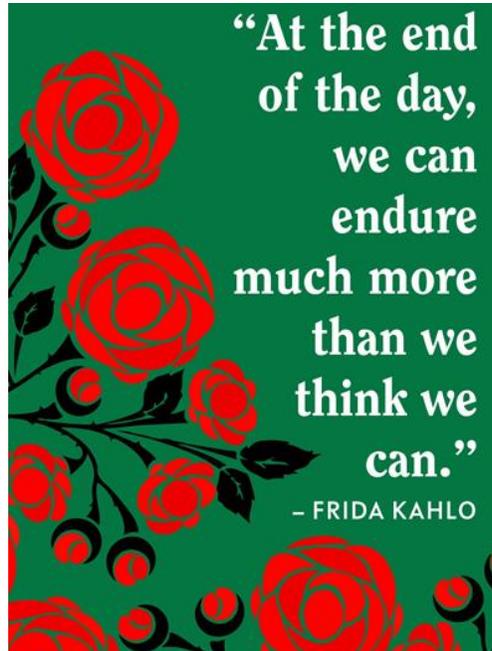
<input type="checkbox"/> Overwhelming Fatigue	<input type="checkbox"/> Muscle Weakness
<input type="checkbox"/> Muscle and Joint Pain	<input type="checkbox"/> Sleep Disorders
<input type="checkbox"/> Cold Intolerance	<input type="checkbox"/> Difficulty Swallowing
<input type="checkbox"/> Difficulty Breathing	<input type="checkbox"/> Sensitivity to Anesthesia

Post-Polio Care Information for Families and Health Care Providers

<http://www.papolionetwork.org/-anesthesia-warning.html>  
<http://www.papolionetwork.org/information-for-pps-caregivers-and-providers.html>



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