

Julie K. Silver, M.D.

# Post—Polio

A GUIDE FOR POLIO SURVIVORS & THEIR FAMILIES

syndrome

FOREWORD BY LAURO S. HALSTEAD, M.D.

# Post Polio Syndrome A Guide For Polio Survivors And Their Families

**Julie K. Silver**



## **Post Polio Syndrome A Guide For Polio Survivors And Their Families:**

**Post-polio Syndrome** Julie K. Silver, 2001-01-01 The effects of polio that occur decades after the disease has run its course weakness fatigue pain intolerance to cold difficulty with breathing and swallowing are often more devastating than the original disease This book on the diagnosis and management of polio related health problems is an essential resource for polio survivors and their families and health care providers Dr Julie K Silver who has both personal and professional experience with post polio syndrome begins the book by defining and describing PPS and providing a historical overview of its diagnosis and treatment Chapters that follow discuss finding good medical care dealing with symptoms maintaining proper nutrition and weight preventing osteoporosis and falls and sustaining mobility Dr Silver reviews the latest in braces shoes assistive devices and wheelchairs and scooters She also explores issues involving managing pain surgery complementary and alternative medicine safe and comfortable living environments insurance and disability and sex and intimacy

**The Post-Polio Experience** Margaret Backman, 2006 Today many polio survivors are finding themselves with new symptoms reminiscent of the earlier days when they first had polio new symptoms that trigger frightening memories along with anxieties that had long been repressed Dr Backman a Clinical Psychologist examines polio survivors psychological reactions to their earlier experiences and to their current struggles with the late effects of polio The Post Polio Experience includes guidelines for polio survivors on Coping with the emotional and interpersonal aspects of Post Polio Syndrome Managing stress and depression Negotiating relationships with family and friends Developing a positive self concept Improving doctor patient communication Family and friends learn how to deal with the changing roles that they and the survivor now face and gain insight into their own needs as they interact and sometimes conflict with the polio survivor s needs Mental health providers and physicians gain a better understanding of their patients psychological reactions to Post Polio Syndrome paving the way for more effective treatment

*Post-Polio Syndrome: Background, Management and Treatment , An Issue of Physical Medicine and Rehabilitation Clinics of North America, E-Book* Darren Rosenberg, Craig Rovito, 2021-07-01 Approx 240 pages

*The Rotarian* , 2010-09 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine

**Polio Wars** Naomi Rogers, 2014 A study of Australian nurse Sister Elizabeth Kenny and her efforts to have her unorthodox methods of treating polio accepted as mainstream polio care in the United States during the 1940s A case study of changing clinical care and an examination of the hidden politics of philanthropies and medical societies

**Polio Voices** Julie K. Silver, 2007-08-30 Incorporating many rare photographs from the family albums of survivors who tell their stories Harvard professor Julie Silver M D and historian Daniel Wilson help readers understand the sheer terror that gripped parents of young children every spring and summer during the first half of the 20th century as polio

epidemics ran rampant Interviewed as part of the Polio Oral History Project directed by Silver and funded by Harvard foundations and private donors the people featured in this book describe what is arguably the most feared scourge of modern times Testimonies are included from people who worked in polio wards as well as from those involved in worldwide eradication efforts The book also addresses the emergence of the polio and disability rights movement the challenges of post polio syndrome and the state of polio research and developments today And it explores the concern that polio could return in an even more vicious form as a result of bioterrorism

**Living with Polio** Daniel J. Wilson, 2008-11-15 Polio was the most dreaded childhood disease of twentieth century America Every summer during the 1940s and 1950s parents were terrorized by the thought that polio might cripple their children They warned their children not to drink from public fountains to avoid swimming pools and to stay away from movie theaters and other crowded places Whenever and wherever polio struck hospitals filled with victims of the virus Many experienced only temporary paralysis but others faced a lifetime of disability Living with Polio is the first book to focus primarily on the personal stories of the men and women who had acute polio and lived with its crippling consequences Writing from personal experience polio survivor Daniel J Wilson shapes this impassioned book with the testimonials of more than one hundred polio victims focusing on the years between 1930 and 1960 He traces the entire life experience of the survivors from the alarming diagnosis all the way to the recent development of post polio syndrome a condition in which the symptoms of the disease may return two or three decades after they originally surfaced Living with Polio follows every physical and emotional stage of the disease the loneliness of long separations from family and friends suffered by hospitalized victims the rehabilitation facilities where survivors spent a full year or more painfully trying to regain the use of their paralyzed muscles and then the return home where they were faced with readjusting to school or work with the aid of braces crutches or wheelchairs while their families faced the difficult responsibilities of caring for and supporting a child or spouse with a disability Poignant and gripping Living with Polio is a compelling history of the enduring physical and psychological experience of polio straight from the rarely heard voices of its survivors

**Atlas of Orthoses and Assistive Devices E-Book** Joseph B. Webster, Douglas P. Murphy, 2017-11-24 Advances in the material sciences 3D printing technology functional electrical stimulation smart devices and apps FES technology sensors and microprocessor technologies and more have lately transformed the field of orthotics making the prescription of these devices more complex than ever before Atlas of Orthoses and Assistive Devices 5th Edition brings you completely up to date with these changes helping physiatrists orthopaedic surgeons prosthetists orthotists and other rehabilitative specialists work together to select the appropriate orthotic device for optimal results in every patient Provides an introduction to Brain Computer Interface BCI systems relating to Assistive Technology AT systems and orthotics Includes Key Points in every chapter so you can quickly access expert guidance Maintains a valuable balance of content that is essential for both physiatrists and orthopaedic surgeons Covers state of the art topics in the areas of biomechanics

fabrication techniques and construction of orthoses with advanced technologies Incorporates an all new vibrant full color design to enhance illustrations and make navigation fast and easy Places greater emphasis on carbon fiber materials and lightweight thermoplastics Includes content on 3D printing technology and how it has revolutionized fabrication strategies Features a more in depth discussion of sensors and microprocessor technologies advances in FES technology with respect to orthotics smart devices and relevant apps and the use of scanner technology in orthotic fabrication Explains new orthotic devices and their indications from acute traumatic situations through chronic rehabilitation needs Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures and references from the book on a variety of devices

*Twin Voices* Janice Flood Nichols, 2008-09-30 Today more than fifty years after the Salk vaccine was declared safe and effective against polio the virus remains an active killer andcrippler in several Third World countries a fact that most of us around the globe have forgotten But Janice Flood Nichols will never forget A childhood victim of the 1953 Dewitt New York polio epidemic her personal and professional life have been profoundly shaped by her experience Nichols lost her twin brother Frankie to the disease and suffered temporary paralysis leading her to choose a career as a rehabilitation counselor Despite setbacks Nichols has never lost her optimism In this heartwarming memoir she offers an intimate account of her miraculous steps to healing the simple ways she continues to celebrate her brother s short but joyous life and her unwavering determination to help eradicate the virus from the world *Twin Voices* provides a unique and timely glimpse into one of the twentieth century s most deadly diseases

Traveling Without a Spare Wenzel A. Leff, 2011 Decades after recovering from polio many aging Americans are grappling with an emergence of new pain weakness and fatigue This unforeseen symphony of symptoms is a central fact of many polio survivors lives In *Traveling Without A Spare A Survivor s Guide to Navigating the Post Polio Journey* Wenzel A Leff MD explains how polio s initial attack depleted the body s neuromuscular reserves so that when former polio patients begin to lose cells to the natural process of aging they find they are truly traveling without a spare The author draws from his own polio experience and his forty plus year career in Internal Medicine to provide polio survivors and their families caregivers and healthcare team a clearer understanding of the stages and complexities of polio This informative book will help survivors evaluate their own bodies and condition and empower them to make the most of their remaining strength and mobility With medical and scientific acumen but also wisdom and humor Dr Leff has given us a well written treatise on post polio syndrome as manifested through his professional and personal life Neil R Cashman MD Canada Research Chair at the University of British Columbia Scientific Director of PrioNet Canada and Chair of Post Polio Task Force 1997 99

Walking Isn't Everything Jean Denecke, 2008 *Walking Isn t Everything* was written by Jean Denecke about her experience of living with polio This book discusses what it was like to get polio her experiences with various hospitals and doctors and her experience in the Roosevelt Foundation facility in Warm Springs Georgia Giving a glimpse of how the delivery of medical services have changed since the polio

epidemics of the early 1950s the book describes what it was like to be a woman with a disability in that era Even though she was hospitalized for a long time after going to Warm Springs she was able to return to her home where she continued in her role as a wife and mother and later started her own business Walking Isn t Everything is more than just a biography of one remarkable woman it is a story of courage determination and love      *You Can Heal Yourself* Julie K. Silver, Julie Silver, M.D., 2012-01-31 An assistant professor at Harvard Medical School offers a guide to physical and emotional recovery after injury or illness Original      *The End of Plagues* John Rhodes, 2013-09-24 World renowned immunologist John Rhodes s *The End of Plagues* is an engaging and expansive exploration of humankind s quest to defend itself against disease History Today At the turn of the twentieth century smallpox claimed the lives of two million people per year By 1979 the disease had been eradicated and victory was declared across the globe Yet the story of smallpox remains the exception as today a host of deadly contagions from polio to AIDS continue to threaten human health around the world Spanning three centuries *The End of Plagues* weaves together the discovery of vaccination the birth and growth of immunology and the fight to eradicate the world s most feared diseases From Edward Jenner s discovery of vaccination in 1796 to the early nineteenth century foundling voyages in which chains of orphans vaccinated one by one were sent to colonies around the globe to the development of polio vaccines and the stockpiling of smallpox as a biological weapon in the Cold War Rhodes charts our fight against these plagues and shows how vaccinations gave humanity the upper hand      *Atlas of Orthoses and Assistive Devices - E-BOOK* Douglas P. Murphy, Joseph B. Webster, William Lovegreen, 2025-06-02 Offering a valuable balance of information for everyone on the rehabilitation team *Atlas of Orthoses and Assistive Devices Sixth Edition* brings you up to date with rapid changes in every area of this fast moving field Significant new content a new editor with specialization in prosthetics and orthotics and new contributing authors deliver expert guidance on the decision making process needed for the prescription and application of technologically complex devices From traditional fabrication and fitting principles to advanced information in the material sciences digital printing technology neural stimulation systems microprocessor technologies and robotics this new edition remains practical readable and evidence based an ideal resource to assist medical and rehabilitation professionals achieve optimal outcomes for patients with a wide variety of conditions Includes coverage of key advances in robotic systems 3D printing technology and virtual reality devices as well as wearable inertial sensors in people with mobility impairments plus a new chapter on digital technology in orthotics and prosthetics Covers cutting edge topics ranging from gait assessment strategies to novel therapies such as use of a virtual environment during rehabilitation Features a vibrant full color design with numerous figures tables and color photographs throughout Shares the knowledge and experience of new editor William Lovegreen who brings specialized expertise in prosthetics and orthotics as well as new contributing authors who provide fresh perspectives and greater international representation Discusses brain computer interface BCI systems relating to assistive technology AT systems and orthotics Includes economic evaluations for orthotic and prosthetic

devices Any additional digital ancillary content may publish up to 6 weeks following the publication date One new editor New chapters on technological advances interfacing AI and robotic systems     Bracing Accounts Jacqueline Foertsch,2008 This work is the textual response to polio from the postwar era to the present It considers women s magazines in which polio was both a fitfully treated subject and a frequently important subtext     Managing Post-polio Lauro S. Halstead,Naomi Naierman,1998     *University Press Books Selected for Public and Secondary School Libraries* ,2002     Polio Daniel J. Wilson,2009-09-23 A compelling account of the most feared childhood disease of the 20th century and its impact on victims and medical science This new title in the Biographies of Disease series offers a thorough examination of medical and scientific efforts to battle polio from the 19th century identification of the virus to the great 20th century epidemics from the unprecedented campaign to find a vaccine to recent efforts to confront polio in West Africa and South Asia and eliminate it entirely Beyond the science Polio looks at the effects of the disease on individuals and the United States as a whole The book gives readers a sense of what it was like to have polio and to recover from it It also describes how the search for answers to polio led to the rise of one of America s premier medical charities the March of Dimes and how modern physical therapy practices emerged alongside the polio epidemics of the 20th century     *The Complete Directory for People with Chronic Illness* Sedgwick Press,2005 This informative resource provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Thousands of hours of research have gone into this 2005 06 edition hundreds of new entries have been added and thousands of enhancements have been made to existing entries This widely hailed directory is structured around the 90 most prevalent chronic illnesses from Asthma to Cancer to Wilson s Disease and provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic illness has its own chapter and contains a brief description in layman s language followed by important resources for National Local Organizations State Agencies Newsletters Books Periodicals Libraries Research Centers Support Groups Hotlines Web Sites and much more Two indexes provide quick access to this wealth of information Entry Index and Geographic Index This directory is an important resource for health care professionals the collections of hospital and health care libraries as well as an invaluable tool for people with a chronic illness and their support network     Polio Alan Hecht,2009 Discusses the history of the poliovirus its effects on the body vaccines and the researchers who discovered them and the threat that this virus still poses

## Decoding **Post Polio Syndrome A Guide For Polio Survivors And Their Families**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Post Polio Syndrome A Guide For Polio Survivors And Their Families**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### **Post Polio Syndrome A Guide For Polio Survivors And Their Families Introduction**

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