

*PHI's mission is to enhance the lives and independence of polio survivors and home mechanical ventilator users through education, advocacy, research and networking.*

## **Post-Polio Health**

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*Special thanks ...*  
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*To be sure you receive email updates from PHI, set your spam filters to allow messages from info@post-polio.org.*

## *Inside this Issue ...*

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### **My Journey through the Basics of Post-Polio Breathing Problems**

is a further attempt at explaining the subject from a polio survivor's perspective. Some of you may ask, "Why? Why again?" We are motivated by calls and letters we continue to receive from survivors and their families. The story told by Ann O'Meara on page six is an example that is still too common.

If you have questions or need more detailed information after reading Nancy Baldwin Carter's journey, check out [www.ventusers.org](http://www.ventusers.org), the new website of International Ventilator Users Network, an affiliate of PHI. Past articles about breathing problems can be accessed at [www.post-polio.org](http://www.post-polio.org), too.

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### **Books, etc.**

Once again, we list and describe new books related to polio and post-polio. Your messages have told us this is a very popular service. More and more information is only available on the Internet. Members of PHI who do not have Internet access are invited to contact us and we will access the information for you.

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Letters we receive: **Keeping America Sick** arrived via email containing a very compelling message on many levels. Reji Mathew, now in New York City, had polio in India. She clearly sets out the problems many of us with a chronic condition face when accessing the health care system. Her commentary is a nice fit for PHI's WE'RE STILL HERE campaign, which appears to be a success. As we go to press, the week is not over; letters are still being written. Check out the back page for photos of just a few of the activities, and our website, [www.post-polio.org](http://www.post-polio.org).

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Don't miss the announcement of **PHI'S "Call for Proposals"** for its fifth award of \$25,000 to be given in 2009. Spread the word among bright, innovative researchers in your area.

If you are a Member of PHI and know others who are not, please pass the Membership form on to them. We financially depend on your Memberships, and your thank yous, comments and suggestions encourage and advise us. For this, we thank you.

—Joan L. Headley, Executive Director of PHI