

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

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Editor: Joan L. Headley, MS
editor@post-polio.org

Designer: Sheryl R. Rudy
webmaster@post-polio.org

Special thanks ...

Nancy Baldwin Carter
Maria J. Gray

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How to contact PHI Post-Polio Health International (PHI)

Including International Ventilator Users Network

4207 Lindell Blvd., #110
Saint Louis, MO 63108-2930 USA
314-534-0475, 314-534-5070 fax
info@post-polio.org
www.post-polio.org

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

Inside this Issue ...

Pages 1-4

To Have Surgery or Not to Have Surgery – That Is the Question!

Debbie Hardy found her answer to this question, but not without consultation and contemplation amid the pain. Success can also be attributed to her physicians, and PHI is seeking the names of other experienced orthopedic surgeons.

Pages 5-7

To assist struggling support groups, Post-Polio Health International instituted an Association Membership in 2006, with a benefit of an e-newsletter called *PHI Association Communiqué*.

Nancy Baldwin Carter explains in **PHI's "Leadership" Column Comes to the Website** the history of her column featured in the e-newsletter. If your support group would like to become an Association Member, contact info@post-polio.org.

Pages 8 and 12

Many of you express concern about polio survivors in other countries with the hope that what we have learned will help them. **Change of Perspective Benefits Survivors in Northern Nigeria** is a sampling of successful programs. The book on page 12 is excellent and would be a welcome gift to individuals/groups in many countries.

Page 9

Clara Reiss' **Letter to the Editor** seemed to require a photograph, which didn't happen but not for the lack of trying. I can attest to the fact that getting up from a chair the wrong way resulted in pain in my "polio arm" shoulder. Let us hear from you, as we heard from Peggy Whitcomb, whose message about exercise is a positive one.

Page 10-11

Be sure to check out Post-Polio Health International's activities and visit our website – www.post-polio.org (Don't forget the hyphen.).

Until May,
Joan L. Headley,
Executive Director of PHI

