

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

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**Vol. 26, No. 2 = 26/2, which is one issue.**

## 2010

### Fall 2010, Vol. 26, No. 4

"Not Going Is Not an Option"

Worthy of Note

Ask Dr. Maynard

Successful Bracing Requires Experience, Sensitivity

Promoting Positive Solutions

Thank You

### Summer 2010, Vol. 26, No. 3

Learning to Drive Again: One Hand at a Time

Worthy of Note

When Do You Need a Power Chair?

Swallowing Difficulty and the Late Effects of Polio

Promoting Positive Solutions

Ask Dr. Maynard

Thank You

PHI and Rotary International Collaborate

### Spring 2010, Vol. 26, No. 2

What Your Voice Is Saying About You: Vocal Changes and the Late Effects of Polio

Worthy of Note

Our Journey to India

Final Report: Persisting Noninfectious Genome Fragments of Poliovirus in PPS Patients

Ask Dr. Maynard

Promoting Positive Solutions

WE'RE STILL HERE! announcement

Thank You

### Winter 2010, Vol. 26, No. 1

New Knowledge about Cholesterol Drugs and Muscle Problems Worthy of Note

Aging Well with Post-Polio Syndrome: Dealing with Pain

Ask Dr. Maynard

Promoting Positive Solutions

New Vaccine Could Boost Eradication Efforts

Research Update: Biomarkers and Persistent Viruses

World Polio Eradication Update

Thank You

## 2009

### Fall 2009, Vol. 25, No. 4

Promoting Positive Solutions

Call for Proposals/Worthy of Note

The Mohs and Me

Reaching for Wellness: Skill by Skill

Ask Dr. Maynard

Update and Thank You

### Summer 2009, Vol. 25, No. 3

Bits of Wisdom from Living with Polio in the 21st Century Worthy of Note

Total Hip Replacement: My Procedure of Choice

Aging Well with Post-Polio Syndrome: Addressing Habits that Cause Sleep Problems

Aging with a Physical Disability Survey Study

Ask Dr. Maynard

(continued, reverse side)

## ☐ Spring 2009, Vol. 25, No. 2

Remembering The Polio Crusade  
Worthy of Note  
Ask Dr. Maynard  
The Garden: Incorporating the Principles of Universal Design  
Aging Well with Post-Polio Syndrome and Sleep Problems

## ☐ Winter 2009, Vol. 25, No. 1

Surgery: Another Point of View  
Worthy of Note  
Ask Dr. Maynard  
Feldenkrais®: An Exploration in Possibility  
Aging Well with Post-Polio Syndrome

## 2008

### ☐ Fall 2008, Vol. 24, No. 4

\$25,000 Grant Awarded to Advance Noninfectious Virus  
Detection in Polio Survivors  
Rehab for Incontinence Solves Two Problems  
The ADA Amendments Act of 2008  
Books: *Seven Wheelchairs: A Life beyond Polio*  
*A Community Guide to Environmental Health*  
Polio Wonder Welders

### ☐ Summer 2008, Vol. 24, No. 3

Shingles Vaccination: Should Polio Survivors Receive One?  
Study Tour of United States and Canada Identifies Techniques  
to Better Manage the Late Effects of Polio  
Development of a Polio Antiviral Drug Begins  
Disaster Planning Help for People with Disabilities  
at [www.disability911.com](http://www.disability911.com)  
My Story about Polio  
Living with Polio in the 21st Century, PHI's 10th International  
Conference  
Post-Polio Wellness Retreat Promises Personal  
Attention, Renewal  
2008 Campaign Focus Announced (WE'RE STILL HERE!)

### ☐ Spring 2008, Vol. 24, No. 2

PHI's Fourth Research Award Final Report:  
Regulatory T Cells as a Biomarker of Post-Polio Syndrome  
How I Learned to Stop Worrying and Love Technology  
I am T.V. Ganesh  
Books: *Understanding Viruses; Love, War & Polio –*  
*The Life and Times of Young Bill Porteous*

### ☐ Winter 2008, Vol. 24, No. 1

To Have Surgery or Not to Have Surgery – That Is the Question!  
PHI's "Leadership" Column Comes to the Website  
Change of Perspective Benefits Survivors in Northern Nigeria  
Letters to the Editor: From Clara Reiss; Margaret Whitcomb  
Call for Proposals: PHI's Fifth Research Grant  
Physicians Join PHI Board of Directors

## 2007

### ☐ Fall 2007, Vol. 23, No. 4

My Journey through the Basics of Post-Polio Breathing Problems  
Keeping America Sick  
Books: *Polio Voices: An Oral History from the American Polio*  
*Epidemics and Worldwide Eradication Efforts; Disability in*  
*Twentieth-Century German Culture: 101 Accessible*  
*Vacations: Travel Ideas for Wheelers and Slow Walkers*  
A Volunteer Handbook – Getting It Right  
Letter to the Editor from Jeanne M. Carlock  
Call for Proposals: PHI's Fifth Research Grant  
Polio History: We're Still Here!

## ☐ Summer 2007, Vol. 23, No. 3

We're Still Here Campaign  
Dx: Post-Polio Syndrome; Rx: One Assistance Dog,  
Individualized for the Owner  
Fourth Research Award Recipient Submits Interim Report  
Memories to Honor and to Heal  
"The Way We Are" - A Club Promoting Self-Confidence  
in the DR Congo  
Books: *Polio and us; Adelia: Simple Person, Silent Teacher,*  
*Polio Survivor; A Summer Without Children: An Oral History*  
*of Wythe County, Virginia's 1950 Polio Epidemic; Warm*  
*Springs: Traces of a Childhood at FDR's Polio Haven*

### ☐ Spring 2007, Vol. 23, No. 2

Israeli Advocates Win Compensation  
Update on Compensation Law  
Carpal Tunnel Syndrome  
From Our Members: Myofascial Release Therapy;  
More about Ivlg  
All Iowa Reads about Polio  
Veteran Receives Back Benefits  
A Front Row Seat: Improvement Needed for Wheelchair  
Accessibility  
European Polio Union (EPU) Meets in Como, Italy

### ☐ Winter 2007, Vol. 23, No. 1

PHI Awards Research Grant to University of Arkansas Team  
The Research Fund Exceeds Half Million; Past Grants Fulfill Aims  
Gastroesophageal Reflux Disease  
Books: *Nightmare in San Francisco*  
Global Poliovirus Weekly Update  
Assistance for Purchasing Braces/Shoes  
Post-Polio Health International Board of Directors Met  
for Strategic Planning in October  
Tabor Challenge Grant Met by PHI Members

## 2006

### ☐ Fall 2006, Vol. 22, No. 4

Clinical predictors of electromyographic findings of remote polio  
in unaffected limbs of adults with a history of acute paralytic  
poliomyelitis  
Information Surrounding Article from Mayo Clinic  
Causes Frustration  
Vitamin D – Are you getting your fair share?  
Report of an EFNS Task Force: EFNS guideline on diagnosis  
and management of post-polio syndrome  
Post-Polio Wellness Retreat in Northern Michigan:  
A Model for Others  
A Painting to Commemorate the Conquest of Polio

### ☐ Summer 2006, Vol. 22, No. 3

Sacroiliac Pain: A Physical Therapy Perspective  
Recent Experience Using Immunoglobulin to  
Treat Post-Polio Syndrome  
How to Make Low Cost PVC Crutches, Walkers and Wheelchairs  
The State of Worldwide Polio Eradication  
Frequently Asked Question  
Sprint Adaptive Swimwear  
Polio History: Muscle Evaluation poem

## ❑ Spring 2006, Vol. 22, No. 2

My Search for a Better Polio Brace  
Summary of Research Presentations from Strategies  
for Living Well, June 2005  
Who is likely to report a diagnosis of post-polio syndrome?  
Mouse Model of Post-Polio Syndrome for Growth Factor  
Therapy  
Study Using Modafinil to Treat Fatigue  
Intravenous Immunoglobulin Treatment for Improving  
Muscle Strength  
Teen Polio Survivors Coming of Age in the 21st Century  
Poliomyelitis Eradication Field Guide from Immunization  
Unit of the PAHO  
Board Activities: Two Join PHI Board of Directors

## ❑ Winter 2006, Vol. 22, No. 1

Braces and More for Polio Survivors in the Democratic  
Republic of Congo  
Anesthesia News: Guidelines for Obstructive Sleep Apnea  
Patients Established Exploring Early Use of Noninvasive  
Ventilation  
Screening Recommended for Male Polio Survivors  
Post-Polio Health International Awarded Health Promotion  
Grant from Christopher Reeve Foundation  
Therapeutic Use of Music Techniques to  
Help Us Make Changes Try a Cane

## 2005

### ❑ Fall 2005, Vol. 21, No. 4

Fear of Falls, Risks and Practical Strategies  
Report of Polio in Minnesota: Questions and Answers  
that Clarify the Headlines  
Shift in Worldwide Polio Vaccine Approach in 2005  
Polio Pioneer  
Post-Polio Water Work

### ❑ Summer 2005, Vol. 21, No. 3

Overuse and Disuse Weakness  
Acute Postoperative Pain  
Glimpses from PHI's Ninth International Conference on  
Post-Polio Health and Ventilator-Assisted Living:  
STRATEGIES FOR LIVING WELL Networking: Polio  
Survivors and Associates  
The Polio Oral History Project  
The National Museum of American History Advocacy:  
Statement of Solidarity on 15th Anniversary  
of Americans with Disabilities Act  
Application for Help with Medicare Prescription Drug Plan  
Costs (SSA-1020)

### ❑ Spring 2005, Vol. 21, No. 2

What We Were Thinking (Smithsonian exhibit about polio)  
Books to "Check Out"  
In Search of the Perfect Mini-Van  
What about Flaxseed?

### ❑ Winter 2005, Vol. 21, No. 1

Transition from a Metal/Leather Leg Brace to  
a Plastic/Metal Hybrid  
FAQ of PHI: Knee Jerk Reflex Flying to Norway Activities  
of the Post-Polio Program in Johnstown, Pennsylvania  
April 12, 1955 – An important day in the history of poliomyelitis  
Post-Polio Health International remembers the survivors of polio

## 2004

### ❑ Fall 2004, Vol. 20, No. 4

Ralph: The Home Assistant  
From the Inside Out  
Activities of the EFNS Task Force on Post-Polio Syndrome  
My Experience with Human Growth Hormone (hgh)  
Strategies for Living Well: Theme of Ninth International  
Conference on Post-Polio Health & Ventilator-Assisted Living

### ❑ Summer 2004, Vol. 20, No. 3

A Wonderful Encounter of "Same Here"  
My Visit with Japan Network for Polio Survivors (JNPS)  
Post-Polio, Menopause and Aging: 13 Major Study Points  
Provide New Knowledge, Clues for Care Interrupted Sleep,  
Pain and Fatigue ... Not What You Think  
The Glycemic Index: Good Carbs, Bad Carbs  
New Jersey Polio Network Honors PHI  
In Memoriam: Hugh Gallagher

### ❑ Spring 2004, Vol. 20, No. 2

S.O.S. Save Our Shoulders: A Guide for Polio Survivors  
Diabetes and Post-Polio Syndrome: Conditions Which Are  
Chronic but Manageable  
Post-Polio Breathing and Sleep Problems Revisited  
Telling Stories  
Options for Long-Term Care for US Polio Survivors

### ❑ Winter 2004, Vol. 20, No. 1

Report from the 2003 recipient of The Research Fund Award:  
Participants, Their Health Status and Data about Menopause  
Are You Prepared? Advance Directives  
Healthy Eating: Fat Facts Reviews of ... Postpolio Syndrome;  
Breath: Life in the Rhythm of an Iron Lung  
Royalties Donated to Post-Polio Health International  
FOF (Fear of Flying)  
Use a manual chair? Need an assist?  
European post-polio veterans speak to members of the  
European Parliament  
Trouble Using Medical Equipment? Memorabilia?  
Trouble when flying?

## 2003

### ❑ Fall 2003, Vol. 19, No. 4

Stem Cell Therapy for Post-Polio Syndrome  
Rotary International: Dedicated to Eradicating Acute Polio  
Working Together to End Polio  
New Books: *Postpolio Syndrome and Breath: Life in the Rhythm  
of an Iron Lung*  
Nobel Prize Winner Dies (Dr. Frederick C. Robbins)

### ❑ Summer 2003, Vol. 19, No. 3

To Brace or Not to Brace? Improving Function  
The West Nile Virus Infection: Like and Unlike the  
Poliovirus Infection  
New SSA Ruling for Polio Survivors with "Post-Polio Sequelae"  
Update on Research Funded by The Research Fund  
of Post-Polio Health International  
Foods that Shutdown Stress  
Mozo Shoes: Easy on the Sole  
Advocate Retires: Stanley K. Yarnell, MD

### ❑ **Spring 2003, Vol. 19, No. 2**

GINI Is Now Post-Polio Health International  
Gabapentin AKA Neurontin  
A Statement about Exercise for Survivors of Polio  
Improving Communication with Our Doctors  
Training in Peru; Training in Colombia and Jamaica

### ❑ **Winter 2003, Vol. 19, No. 1**

What Is Cramping Your Style? Straight Answers to Your  
"Cramped" Questions  
Ocular Health and Pulmonary Assist Machines  
Wellness and Disability: A report from Rehabilitation Research  
and Training Center (RRTC)  
Health and Wellness Consortium at Oregon Health &  
Science University  
Treatment Approach Options  
Bracing Options: Shadow Bracing System;  
The Stance Control Orthotic Knee™

## **2002**

### ❑ **Fall 2002, Vol. 18, No. 4**

Mouse Model Developed for Post-Polio Research  
Pursuing Therapeutic Resources to Improve Your Health  
Suggestions for People with Limited Resources;  
Treatment Approach Options  
The GINI Research Fund: Awards Grant of \$25,000  
The GINI Research Fund First Award Recipient  
Releases Final Report

### ❑ **Summer 2002, Vol. 18, No. 3**

Fatigue Research: Two Protocol Options  
A Guide for Exploring Polio Memories  
Sidebar: How Our Minds Adapt: Understanding the Effects  
of Experiencing Trauma  
Yoga Benefits Polio Survivor Living with Pain Medicare Savings  
Programs ... You May Qualify Certification of Poliomyelitis  
Eradication – European Region, June 2002 Poliomyelitis -  
Madagascar, 2002 Readers Write: Swallowing, Speech  
Enhancer, Healing Polio Memories, Ambu bag,  
Swimming On the Internet ...

### ❑ **Spring 2002, Vol. 18, No. 2**

Polio Myths and Half-Truths  
Peru's Polio Survivors  
Stanford's Program: An Opportunity for Survivors  
For Your Information: Medication Assistance Programs  
Letters to the Editor: Healing Polio Memories; Assistive  
Equipment; Shoes; Wheelchairs; Exercise

### ❑ **Winter 2002, Vol. 18, No. 1**

Improving Quality of Life: Healing Polio Memories  
Conference on Rethinking Care  
Maximizing Health for Survivors of Polio – Early Findings  
Pilot Study on the Effects of Creatine on Muscle Strength  
Post-Polio Bibliography

## **2001**

### ❑ **Fall 2001, Vol. 17, No. 4**

Emotional Bridges to Wellness  
Transitioning to a Wheelchair: An Exploration of Our  
Fundamental Fears  
Cardiovascular Issues of Polio Survivors  
Addendum to Breathing Problems of Polio Survivors  
Update: Outbreak of Poliomyelitis – Dominican Republic  
and Haiti, 2000-2001  
Acute Flaccid Paralysis Associated with Circulating  
Vaccine-Derived Poliovirus – Philippines, 2001

### ❑ **Summer 2001, Vol. 17, No. 3**

Eradication of Acute Poliomyelitis in Sight  
Selecting a Physician  
Boundary Issues  
Post-Polio Resources: Self-Management of Chronic Conditions;  
Wellness for Women with Polio – A Holistic Program Model  
For Your Information: The Hessa Crutch™;  
2000 Jonas Salk Prize

### ❑ **Spring 2001, Vol. 17, No. 2**

Breathing Problems of Polio Survivors  
Additional Thoughts from Peter C. Gay, MD  
My Journey to a Good Night's Sleep  
My Search for the Solution

### ❑ **Winter 2001, Vol. 17, No. 1**

Post-Polio Clinics: Philosophy and Design  
Footwear for Polio Survivors  
Cases of Polio in Hispaniola  
New FDR Statue Dedicated  
USA Polio Vaccine Recommendation  
Polio Technical Document  
New Video – A Fight to the Finish: Stories of Polio  
Polio Eradicated in Western Pacific