

Past issues (by topic) of *Post-Polio Health*

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Aging with Polio

- Aging Well with Post-Polio Syndrome: The Benefits of Muscle Strengthening (Vol. 27, No. 4)
- Aging Well with Post-Polio Syndrome: Don't Take Fatigue Lying Down (Vol. 27, No. 3)
- Aging Well with Post-Polio Syndrome: Don't Let Fall Prevention Fall through the Cracks (Vol. 27, No. 2)
- Thoughts from a Seminar on Aging with a Physical Disability (Vol. 27, No. 1)
- Aging Well with Post-Polio Syndrome: Dealing with Pain (Vol. 26, No. 1)
- Aging Well with Post-Polio Syndrome: Addressing Habits that Cause Sleep Problems (25/3)
- Aging Well with Post-Polio Syndrome & Sleep Problems (25/2)
- Options for Long-Term Care for US Polio Survivors (20/2)
- Are You Prepared? Advance Directives (20/1)

Ask Dr. Maynard

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- Vol. 27, No. 2 Vol. 26, No. 2 Vol. 25, No. 2
- Vol. 27, No. 3 Vol. 26, No. 3 Vol. 25, No. 3
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Assistive Technology

- Successful Bracing Requires Experience, Sensitivity (26/4)
- When Do You Need a Power Chair? (26/3)
- Dx: Post-Polio Syndrome Rx: One Assistance Dog, Individualized for the Owner (23/3)
- How to Make Low Cost PVC Crutches, Walkers and Wheelchairs (22/3)
- In Search of the Perfect Mini-Van (21/2)
- Ralph: The Home Assistant (20/4)

Breathing/Swallowing/Voice

- Swallowing Difficulty and the Late Effects of Polio (26/3)
- What Your Voice Is Saying About You (26/2)

- My Journey through the Basics of Post-Polio Breathing Problems (23/4)
- Post-Polio Breathing and Sleep Problems Revisited (20/2)

Clinics/Physicians

- Report of an EFNS Task Force: EFNS guideline on diagnosis and management of post-polio syndrome (22/4)
- Activities of the EFNS Task Force on Post-Polio Syndrome (20/4)

Education/Training

- Books to "Check Out" (21/2)
- Training in Peru (19/2)
- Training in Colombia and Jamaica (19/2)

Eradication

- Rotary International: Dedicated to Eradicating Acute Polio (19/4)
- Working Together to End Polio (19/4)

Exercise/Activity

- A Statement about Exercise for Survivors of Polio (19/2)
- Yoga Benefits Polio Survivor (18/3)
- Polio Myths and Half Truths (18/2)

History

- 30 Years Later ... WE'RE STILL HERE! (27/4)
- Remembering the Polio Crusade (25/2)
- What We Were Thinking (Smithsonian Exhibit on Polio) (21/2)

Management/Coping

- Not Going Is Not an Option (26/4)
- Promoting Positive Solutions
 - (27/1) (27/2) (27/3) (27/4)
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- Reaching for Wellness: Skill by Skill (25/4)

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Management/Coping, continued

- How I Learned to Stop Worrying and Love Technology (24/2)
- Post-Polio Wellness Retreat in Northern Michigan: A Model for Others (22/4)
- Therapeutic Use of Music (22/1)
- Techniques to Help Us Make Changes (22/1)
- From the Inside Out (20/4)
- A Wonderful Encounter of "Same Here" (20/3)
- Telling Stories (20/2)
- Treatment Approach Options Chart (19/1)
- Pursuing Therapeutic Resources to Improve Your Health (18/4)
- A Guide for Exploring Polio Memories (18/3)
- Improving Quality of Life: Healing Polio Memories (18/1)

Management/Treatment

- Pressure Sores Are Painful, but Preventable (27/4)
- Every Body Benefits from Massage (27/1)
- New Knowledge about Cholesterol Drugs & Muscle Problems (26/1)
- Bits of Wisdom from Living with Polio in the 21st Century (25/3)
- Feldenkrais®: An Exploration of Possibility (25/1)
- Rehab for Incontinence Solves Two Problems (24/4)
- To Have Surgery or Not to Have Surgery – That Is the Question! (24/1)
- Carpal Tunnel Syndrome (23/2)
- Myofascial Release Therapy (23/2)
- More about Ivig (23/2)
- Gastroesophageal Reflux Disease (23/1)
- Sacroiliac Pain: A Physical Therapy Perspective (22/3)
- Recent Experience Using Immunoglobulin to Treat Post-Polio Syndrome (22/3)
- My Search for a Better Polio Brace (22/2)
- Screening Recommended for Male Polio Survivors (22/1)
- Try A Cane (22/1, sidebar)
- Fear of Falls, Risks and Practical Strategies (21/4)
- Overuse and Disuse Weakness (21/3)
- Acute Postoperative Pain (21/3)
- Activities of the Post-Polio Program in Johnstown, Pennsylvania (21/1)
- Transition from a Metal/Leather Leg Brace to a Plastic/Metal Hybrid (21/1)
- Interrupted Sleep, Pain and Fatigue ... Not What You Think (20/3)
- S.O.S. Save Our Shoulders: A Guide for Polio Survivors (20/2)
- To Brace or Not to Brace? Improving Function (19/3)
- Improving Communication with Our Doctors (19/2)
- What Is Cramping Your Style? Straight Answers to Your "Cramped" Questions (19/1)
- Ocular Health and Pulmonary Assist Machines (19/1)
- Treatment Approach Options Chart (19/1)
- Stanford's Program: An Opportunity for Survivors (18/2)

Medication

- Gabapentin AKA Neurontin (19/2)
- Polio Myths and Half Truths (18/2)

Nutrition

- Vitamin D – Are you getting your fair share? (22/4)
- What about Flaxseed? (21/2)
- The Glycemic Index: Good Carbs, Bad Carbs (20/3)
- Healthy Eating: Fat Facts (20/1)

Pathology/Cause

- Overuse and Disuse Weakness (21/3)

Polio and Other Illnesses (co-morbidities)

- Calcium, Vitamin D and Bisphosphonates, Oh My! (27/3)
- Diabetes and Post-Polio Syndrome: Conditions Which Are Chronic but Manageable (20/2)

Polio Survivors Around the World

- Our Journey to India (26/2)
- Polio Wonder Welders (24/4)
- Change of Perspective Benefits Survivors in Northern Nigeria (24/1)
- "The Way We Are" – A Club Promoting Self-Confidence in the DR Congo (23/3)
- How to Make Low Cost PVC Crutches, Walkers and Wheelchairs (22/3)
- Braces and More for Polio Survivors in the Democratic Republic of Congo (22/1)

Relationships

- Memories to Honor and to Heal (23/3)
- Teen Polio Survivors Coming of Age in the 21st Century (22/2)

Research

- Final Report: Persisting Noninfectious Genome Fragments of Poliovirus in PPS Patients (26/2)
- Research Update: Biomarkers & Persistent Viruses (26/1)
- \$25,000 Grant Awarded to Advance Noninfectious Virus Detection in Polio Survivors (24/4)
- Regulatory T Cells as a Biomarker of Post-Polio Syndrome (24/2)
- Fourth Research Award Recipient Submits Interim Report (23/3)
- PHI Awards Research Grant to University of Arkansas Team (23/1)
- Clinical predictors of electromyographic findings of remote polio in unaffected limbs of adults with a history of acute paralytic poliomyelitis (22/4)
- Information Surrounding Article from Mayo Clinic Causes Frustration (22/4)
- Recent Experience Using Immunoglobulin to Treat Post-Polio Syndrome (22/3)
- Summary of Research Presentations from Strategies for Living Well, June 2005 (22/2)
- Exploring Early Use of Noninvasive Ventilation (Preliminary Report from The Research Fund Recipient) (22/1)
- Post-Polio, Menopause and Aging: 13 Major Study Points Provide New Knowledge, Clues for Care (20/3)
- Participants, Their Health Status and Data about Menopause (20/1)
- Stem Cell Therapy for Post-Polio Syndrome (19/4)
- Wellness and Disability: A report from Rehabilitation Research and Training Center (RRTC) Health and Wellness Consortium at Oregon Health & Science University (19/1)

Support Groups

- Study Tour of United States and Canada Identifies Techniques to Better Manage the Late Effects of Polio (24/3)
- PHI's "Leadership" Column Comes to the Website (24/1)
- Israeli Advocates Win Compensation (23/2)
- Peru's Polio Survivors (18/2)

Surgery

- Anesthesia Use in Polio Survivors: What's New? (27/2)
- The Mohs & Me (25/4)
- Surgery: Another Point of View (25/1)
- To Have Surgery or Not to Have Surgery – That Is the Question! (24/1)
- Guidelines for Obstructive Sleep Apnea Patients Established (22/1)
- Acute Postoperative Pain (21/3)
- Letter from Survivor about his Hip Replacement Surgery (19/4)

Travel

- Learning to Drive Again: One Hand at a Time (26/3)
- In Search of the Perfect Mini-Van (21/2)
- Flying to Norway (21/1)

Universal Design/Accessibility

- WE'RE STILL HERE! Improving Accessibility Places of Worship (27/2)
- The Garden: Incorporating the Principles of Universal Design (25/2)

US Government

- The ADA Amendments Act of 2008 (24/4)
- New SSA Ruling for Polio Survivors with "Post-Polio Sequelae" (19/3)

Vaccine(s)

- Shingles Vaccination: Should Polio Survivors Receive One? (24/3)
- Report of Polio in Minnesota: Questions and Answers that Clarify the Headlines (21/4)

Women

- Post-Polio, Menopause and Aging: 13 Major Study Points Provide New Knowledge, Clues for Care (20/3)
- Participants, Their Health Status and Data about Menopause (20/1)