



**HONORING DR. JONAS SALK AND DR. ALBERT SABIN!
THE UNITED STATES POSTAL SERVICE ISSUED NEW STAMPS**
On sale March 9th, 2006

Dr. Jonas Salk and Dr. Albert Sabin, were honored in March with postage stamps as part of the Distinguished Americans series. For their dedication to fighting polio and other infectious diseases, Salk is on the 63-cent stamp, and Sabin on the 87-cent stamp.



Salk and Sabin received numerous awards, including the Presidential Medal of Freedom (Salk in 1977, Sabin in 1986) and the National Medal of Science (Sabin in 1970).

Dr. Jonas Salk born on October 28, 1914 in New York City. He went to City College and in 1939 received his M.D. degree at New York University College of Medicine. He interned at Mount Sinai Hospital in 1940-1942 followed by a research position at the University of Michigan. Where he helped develop the first effective influenza vaccine. Dr Salk left Michigan for Virus Research Laboratory at the University of Pittsburgh. He and his colleagues went on to develop an injectable, killed-virus vaccine which was in a nationwide field in 1954. The vaccine was licensed in 1955. He was awarded the Congressional Gold Medal. He wrote many articles and continued to lecture on his ideas until his death on June 23, 1995.

Dr. Albert Sabin born on August 26, 1906 in Bialystok, Poland. He received his medical degree from New York University and in 1931 to 1933, Dr Sabin trained in internal medicine at Bellevue Hospital. In 1934 he joined the staff of the Rockefeller Institute for Medical Research. He devoted himself to polio research. Seeking a way to prevent the disabling and sometimes fatal disease caused by the polio-virus. In 1939 he moved to Cincinnati, Ohio to continue his research on polio. After serving in the war he returned to Cincinnati in the mid-1950's where he tested a vaccine made from live but weakened poliovirus. After worldwide trials, Sabin's live-virus vaccine was approved for use in 1960. He continued to lecture until his death on March 3, 1955.

A worldwide effort is still being sought to free the world of polio using his vaccine. Immunization efforts are continuing to make headway against the virus in Asia, and Africa in hopes that global polio eradication will be achieved.

NEXT MEETING:
Courtyard Marriott
Thursday:
May 18, 2006
12:00 Noon

Great Door Prizes

Janice Askwith
President
904-333-3457



Ahhh!!! The summer time blues!!!

Last summer I had aquatic therapy and benefited from it greatly at the time. I had no pain after each workout as I did with regular land therapy. I was walking straighter with little effort as the weeks rolled into months. I had 4 months of weight lifting, muscle training (retraining myself on walking or lifting). My weight was easier to control. I still had fatigue however it didn't last as long as when I was in land therapy. At the time it was wonderful and I only wish I could continue to work out in a pool. However it is never convenient for me to go to a public pool, as I'm sure most of you would have the same problem of getting in and out of the pool without assistance. There just isn't a public pool equipped and ready for the disabled. If there is please let me know? I have lost most of what I was training for with my therapist. So I try and keep active with a small walk in the store. Usually 1 half hour and I am ready to call it a day. Staying active keeps my mind and body ready for a brand new day.. So compromise, Eat less junk, Ride my stationary bike and soak in a hot tub. What more could we ask for?.....Some one to help us out of the tub!!!!

Janice Askwith



I was unaware of this and felt it worth printing for those of you who also may not have known of this new ruling for evaluating disability claims for polio survivors.

New SSA Ruling for Polio Survivors with “Post-Polio Sequelae”

Joan L. Headley, MS, Executive Director, Post-Polio Health International (editor@post-polio.org)

“This ruling sends the message that polio can result in a variety of manifestations in later life that can adversely affect an individual’s ability to function and we (SSA) need to be aware of the cumulative and interactive effects of all of these.”

–Sandra Salan, MD, SSA

The Social Security Administration (SSA) has issued a new ruling (SSR 03-1p) for evaluating disability claims for polio survivors in the United States seeking Title II SSDI (Social Security Disability Insurance) benefits or Title XVI SSI (Supplemental Security Income) payments.

The new ruling became effective July 2, 2003 upon its publication in the Federal Register. The POMS (Program Operations Manual System), to be released this month, is the document that applies to everyone within the SSA and contains a description of the medical and other evidence that documents the presence of a disabling impairment. SSA will educate the appropriate decision-makers within their system concerning the new POMS.

The new ruling defines post-polio sequelae as the “documented residuals of acute infection as well as all other documented clinical conditions that have an etiological link to either the acute infection or to its residual deficits.”

Motor weakness, usually with muscle atrophy and reduced peripheral reflexes, is listed as the most common residual. Other residuals include post-polio syndrome, degenerative musculoskeletal disorders, early advanced degenerative arthritis, chronic pain disorders, sleep disorders, respiratory insufficiency, and a variety of mental disorders.

Officials at the SSA state that the mental disorders refer to the cognitive limitations some polio survivors have due to revived traumatic psychological experiences associated with acute polio infection, as well as the possibility of a significant psychological effect of perceiving the onset of further weakness, fatigue, respiratory dysfunction, or joint pain, many years following the acute infection. Signs and symptoms of anxiety and depression may produce further deterioration in function.

The ruling comments that some polio survivors report the onset of problems with attention, concentration, cognition, or behavior. Some researchers have suggested that certain cognitive and behavioral deficits are the result of the prior polio infection that involved the brain, although others do not agree with that concept.

SSA will depend on documentation provided by an individual’s treating physicians and psychologists (including a report of the medical history, physical examination, and available laboratory findings) to establish the presence of post-polio sequelae as a medically determinable impairment.

Other notable facts:

- Electromyographic (EMG) studies may be used, but are not needed. Typically, SSA will not order or purchase EMG studies.
- Respiratory insufficiency should be documented by abnormal pulmonary function studies. SSA generally will not purchase a polysomnogram (also called a PSG, sleep study, or sleep test).
- The careful development of post-polio sequelae should include descriptions of the past acute illness (old records are not required), as well as a report of the current findings on physical examination. The examination report should also include the severity of any residual weakness, as well as the onset, pattern, and severity of any new physical or mental deficits.
- The medical evidence should readily support an expected duration of at least 12 or more months.
- A disability onset date is based on the individual’s allegations, his or her work history, and the medical and other evidence concerning impairment severity. Generally, the new problems associated with post-polio sequelae are gradual and non-traumatic, but acute injuries or events may be markers for establishing a disability onset date.

Post-Polio Health International’s Medical Advisory Committee assisted SSA in reviewing the proposed document at various stages during the process. The Committee expressed its wish that the medical evidence be inclusive of all of the consequences of having had polio. It also expressed concern about the “mental disorders” terminology. SSA reports that the term does not mean that polio survivors have a mental “impairment” as a result of having had polio and they are not saying “it is all in your head.” Nevertheless, they wish to acknowledge that some survivors may experience cognitive deficits that result in significant functional limitations even if the cause is unclear.

Lastly, the informal discussions with the SSA staff included the fact that individuals vary in their responses to illnesses and to treatments, and that various treatments used to relieve symptoms can adversely impact an individual’s physical and mental functioning, for example, adverse side effects from medications.

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TRAVEL TIPS FOR THE WHEELCHAIR TRAVELER

1. Decide where you want to go and check the internet for the lowest rates or your travel agent can give you the information.
2. Check for the best travel times for you.
3. Fly first class if possible there is more room and a lot more enjoyable. If not try to get the Bulkhead Seats as they will also provide more room.
4. Try to book a non-stop flight if possible, less problems with your wheelchair if there are no transfers. If you can't Always allow a least 45 minutes for connecting flights. Some wheelchair travelers prefer to have a change of aircraft for an hour or so it gives them time to relax.
5. Now it is so much easier booking on line. You can even print your ticket on the day of your departure. Select the airline you wish to use and go to their website and make your reservations.
6. It is good if you can travel with an attendant to help with your meals, transfers, etc...
7. Carry an emergency bag with you. It should contain your daily necessities, a change of clothing, medication, tools for your wheelchair, and any other items that are important. Just in case you baggage doesn't arrive when you do.
8. If traveling in a Power-Driven wheelchair- be sure that you have **gel-cell batteries**. Many of the airlines refuse to carry we-cell batteries-too dangerous. You will have less hassles and THEY WILL ASK.
9. When you arrive at the check-in desk, tell them you would like to be tagged at the gate.
10. Wheelchair passengers are the first to board and last to get off. You can stay in your wheelchair until you get to the gate then they will transfer you onto an "aisle chair" that is a narrow high back chair with no sides, and strap you in to get you to your seat; or if you have assistance and were able to snag the First Bulk-Head seat, they can carry you from your wheelchair to the seat.
11. Your wheelchair will be loaded in the baggage compartment. Make sure they know how to handle your wheelchair. If there is detachable parts that can be put in your carry-on bag. Please do so. Or tape a list of instruction on the chair. Always put it in manual for easier pushing and less danger to your power unit.
12. Before the aircraft leaves the ground-ask the airline attendant to please make sure your wheelchair was loaded and if you have a connecting flight also ask that they check to make sure your wheelchair made the same change.
13. Tell the airline personnel that you would like to have your wheelchair brought to the gate if you have a long time between flights. You would be more comfortable in your own wheelchair.
14. Report any damages to your wheelchair IMMEDIATELY to the airline claim department.
15. If you have trouble flying take a CD player and your favorite music. This will take your mind off the flying.
16. Also it can be cool on the aircraft. Pack a light jacket or cotton shirt for outerwear that can be removed when you get to your destination.

Information taken from booklet "New Horizons For The Air Traveler With Disability" obtain a copy. by writing to..
US Dept of Transportation/Consumer Affairs Dept., 400 7th Street-SW, Washington D.C. 20590



On July 4, 1776, we claimed our independence from England and Democracy was born. Every day thousands leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream. The United States is truly a diverse nation made up of dynamic people.

Each year on July 4, Americans celebrate that freedom and independence with barbecues, picnics, and family gatherings.

Through the Internet we are learning about and communicating with people of different nations, with different languages and different races throughout the world. Bringing the world closer with understanding and knowledge can only benefit all nations.

Summer Fun-Building Sand Castles

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XOR KV IG QPL
UXOCLUINNZIS
IHJGSINICN
SGQHZONO
KOSODIND
CIFOCTUE
FAPTHARG
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WTONUASU
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YNZWALKINGNITAKSTHGINETALPAXZS

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AMUSEMENT PARK
 BADMITTON
 BASEBALL
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 BIKING
 BODY BOARDING
 CAMPING
 CROSS COUNTRY TOUR
 CRUISE
 FISHING
 HAMMOCK
 HIKING
 HOP SKOTCH

JET SKI
 KICKBALL
 LATE NIGHTS
 LOUNGE
 MINIATURE GOLF
 PICNIC
 PLAYGROUND
 RAPELLING
 ROCK CLIMBING
 ROLLERBLADING
 RUNNING
 SAND CASTLES

SHOOTING
 SKATE BOARDING
 SKATING
 SLIDES
 SOFTBALL
 STREET HOCKEY
 SURFING
 SWIMMING
 SWINGS
 TENNIS
 TETHERBALL
 TRIPS

VACATION
 VOLLEYBALL
 WALKING
 WATER FIGHT
 WATER PARK
 WATER SKI
 WATER SLIDE

FAIRWELL TO ONE OF THE GOOD GUYS!

Doctor Gudni Thorsteinsson, M.D., Physical Medicine & Rehab of Mayo Clinic honored us with his Presents at our last meeting, April 27th, 2006.

He recapped the late effects of Post Polio Syndrome for our new members followed by a question and answer session.

At this time he informed us this would be his last public speaking engagement. He has plans to retire in the near future. Relaxing with his love of music and art, and maybe even spend some time in his homeland of Iceland.

We of course will miss him and wish him well.

As an honorary member of First Coast Post Polio Support Group we hope to see him drop in for a visit from time to time as he makes his way on the journey he has planned for himself.

God Bless you and the best of everything to you Dr. Gudni Thorsteinsson.

Thank you for all you have done.

First Coast Post Polio Members



Sue Bridges, Founder of First Coast Post Polio Support Group presents Dr Thorsteinsson with a small token of our appreciation for his outstanding dedication to our group in Jacksonville.



Kathy HutchInson, Vice President
Janice Askwith, President
Eulie Nahm, Treasurer

Dr G. Thorsteinsson, M.D.



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Happy Memorial Day! Happy 4th of July!

Share your time with the family or a friend and enjoy the freedom our troops have fought to give us. Remember those who have given their lives for that freedom. And God Bless You All!

We would like to thank the "March of Dimes" for providing the mailing of this news letter for First Coast Post Polio.

"Saving Babies, together!"



Our Goal is to Serve and Support You!

We need your help!

Please take a moment to share your story with us. It may seem small to you but to someone else you could be touching a need in them. We all have Post Polio Syndrome and if you're wondering what you could add to the information that is already out there? Then just let me inform you that not everyone's story is the same and we would love to have the opportunity to hear yours as it could improve the quality of others.

DISCLAIMER: The articles, opinions, ideas and suggestions presented in this news letter and from our meetings is not to be taken as an endorsement or approval of any medication, product or individual. Always check with your Doctor first about your condition. First Coast Post Polio Support Group of Jacksonville, Florida does not assume any responsibility for individual reader's action. Information in this newsletter was obtained from various national and local sources which are considered reliable and /or reflect the opinion of the authors. Medical advice must be sought from competent licensed physicians.