



Spring is on its way, March winds and April showers.
May your life be filled with sunshine and flowers



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On April 19th we will be having a quest.

Karen Young is a nurse and will be talking with us on Maintaining Vitality and Health With Whole Food Nutrition. Please order your lunch as soon as you arrive.

SEE YOU THERE

Your President, Janice



Court Yard Marriott, By Mayo Clinic off San Pablo Rd: 12:00 noon

I want to take a moment and thank Sandra Rodrigues our Vice President and new onboard editor. She is doing a wonderful job and has freed up my time for other important matters by taking over the research of our news letter.

Thank you Sandra.

President, Janice

IF MY BODY WERE A CAR...



If my body were a car, this is the time I would be thinking about trading it in for a newer model.

I've got bumps and dents and scratches in my finish and my paint job is getting a little dull ... but that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close. My

traction is not as graceful as it once was. I slip and slide and skid and bump into

things even in the best of weather. My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it -- almost every time I sneeze, cough or sputter..

...

either my radiator leaks or my exhaust backfires!

Need your home cleaned?

Then call Beaches Cleaning. A residential cleaning service. Service Available.. Weekly, Bi-Weekly or Monthly Call Michelle for free estimate @ 718-5471

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Dr. Richard L. Bruno Comments on Mayo Clinic Article

Part One

Dr. Richard Bruno is Chairperson of the International Post-Polio Task Force and Director of The Post-Polio Institute and International Centre for Post-Polio Education and Research at Englewood (NJ) Hospital and Medical Center. You can send him an e-mail at: ppsforum@newmobility.com.



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"People who survive polio in childhood will not suffer further effects later in life," say U.S. researchers. That was the headline in the newspaper. Are we making up our muscle weakness, fatigue and pain? Is post-polio sequelae all in our minds?

No, PPS is not in your mind, but doctors at the Mayo Clinic apparently think it is. Back in 1987, Mayo researchers began a study of 46 polio survivors. The 46 were not a random sample of the 300 citizens of Olmstead County, Minn., who had paralytic polio between 1935 to 1960, nor were they included because they were diagnosed with PPS or had "ongoing symptoms." They were chosen because they were "representative," in terms of the number of limbs involved, severity of polio, "bulbar" involvement, using a ventilator, age at polio, current age, years since polio and gender.

Muscle strength was measured subjectively by manual muscle testing in 27 muscles (including face, tongue, diaphragm, arm, hand and leg muscles) to calculate a strange measure called the "Neurologic Disability Score." The NDS is scored from "0," normal muscle strength, to "4," a muscle that is totally paralyzed. I say the NDS is strange because the score makes no sense. A polio survivor with mild weakness in the jaw, face and neck muscles, plus moderate weakness in the abdominal muscles and in one toe, would get the same NDS score as a polio survivor who had both thigh muscles totally paralyzed. Muscle strength around the elbows, knees and ankles was measured by machine, and hand and finger dexterity were measured using standardized tests. The number of remaining motor units -- the motor neurons available to run the muscles -- were measured using EMG.

Fast forward to 2006. In an issue of the obscure Journal of the Peripheral Nervous System, Mayo researchers published a 15-year follow-up of 38 of the 46 original subjects. Now, 15 years later, 82 percent of the subjects reported "progressive muscle weakness," had an 18 percent decrease in muscle strength on the NDS and lost 45 percent of their remaining motor neurons.

The authors stated that since "a normal age- and gender-matched control group" (in which they should have measured both muscle strength and remaining motor neurons) "was not included," they could not "reliably compare the changes in the polio group with those in a normal aging population." But, their lack of a control group didn't stop them from going right ahead and claiming that polio survivors "did not age any differently than a normal population" because they lost a "normal" number of motor neurons. Thus, the authors concluded that "the most likely cause" for "progressive muscle weakness in our polio survivors is aging alone." When the media got hold of the Mayo press release about the study, they focused only on the "normal" loss of motor neurons, so the headlines became, "People who survive polio in childhood will not suffer further effects later in life."

*continued on page 7*



**Sue Bridges, Founder  
First Coast Post Polio Support Group  
OUR FOUNDER IS STILL HERE TO HELP IF NEEDED.**

It was great to see Sue Bridges back with us again after her stay in the hospital and nursing care center. Sue suffered a fall, but is doing much better now. Sue Bridges was our leader for many years and the person who started our support group. It's nice to have her back in great form and smiling.

\*\*\*\*\*

Rosemary Lane: One of our members who is a regular with us is undergoing chemo treatments. She has had surgery last month and is now starting chemo for tumors on her pancreas and around the artery on her leg.

Please hold her up in pray and if you would like to send her a card please mail it to First Coast Post Polio at 13119 Blackhawk Tr Ct Jacksonville, FL 32225.

\*\*\*\*\*

*Remembering those who have passed on.....*



On a sad note we are sorry to announce that three members will no longer be with us:

Katherine Hoylman passed away to be with her maker on January 2, 2007. She was a very dear friend to many members in our group, and our thoughts are with her family at this time.

Gilbert Hudlow died in 2006. He always contributed to our group and will be greatly missed.



Dr. Harvey Bernhardt passed away of a heart attack on January 9, 2007. He was 62 years old. Dr. Bernhardt always had a smile for everyone.

*The First Coast Post Polio Support Group sends our sym,  
wishes to the families of our late members. God bless them*

**Dr. Harvey Bernhardt**

\*\*\*\*\*

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*"Shoes That Work For Feet That Hurt"*

EXERCISING CAN BE FUN WHEN YOU HAVE GRANDKIDS TO ENSPIRE YOU..

The handle on my recliner was getting more exercise than me until Jared came to visit...



One of our member's Joe Raker, has bought a pair of special shoes made just for him and he says his feet have never felt better.

**Do Like this Grandma!**

# WE WANT TO HEAR FROM YOU!

It's not too late to send in your survey response. We will feature the survey results next month.

Take a moment to tell us what kind of information you would like to see in our newsletter.

## International Polio and Post-Polio Syndrome Convention

*We received the following information about the International Polio and Post-Polio Syndrome Convention to be held in Italy. There is a link to their site, but it is in Italian. Interested persons may want to e-mail the contact listed below.*

Dear Madam/Sirs,

Through this we are glad to inform you the next 22-23-24 March 2007 is going to be held in Erba (Como) - Italy the International Convention "Polio and Post-Polio Syndrome: update" and that will be attended by various International Relators. Visiting the following web page [http://www.postpolio.it/convegno\\_post\\_polio.htm](http://www.postpolio.it/convegno_post_polio.htm) you will be allowed to read all details about the program and to download the Registration Form.

We wish to underline the attendance of European Associations that have been invited to the Convention, and we really believe that this could be a very unique opportunity to compare each others opinions, to mix-up information and to discuss for new projects in an European framework.

With my best regards,  
Aurelio Sugliani - Associazione Italiana Polio e Sindrome Post-Polio [hermes@postpolio.it](mailto:hermes@postpolio.it)

### *Celebrations of the Season.....St. Patrick's Day*

St. Patrick was born in Wales about AD 385 and was a pagan until the age of 16. He was sold into slavery by a group of Irish marauders, but escaped after six years and went to Gaul where he studied in a monastery. He believed that his calling was to convert the pagans of Ireland to Christianity, which he did for thirty years. Patrick died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since.

It is said he gave a sermon that drove all the snakes from Ireland. He used the three-leafed shamrock to explain the Trinity, beginning the custom of wearing a shamrock on his feast day. These days St. Patrick's Day is celebrated with parades, wearing of the green, and drinking beer

**OUR PRESIDENTS WORD SEARCH**

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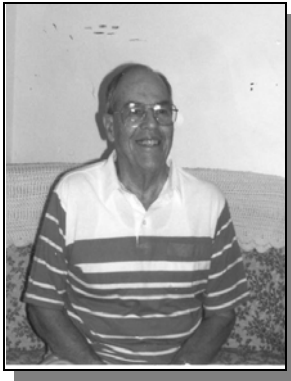
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- Nixon
- Pierce
- Polk
- Reagan
- Roosevelt
- Taft
- Taylor
- Truman
- Tyler
- Van Buren
- Washington
- Wilson

*Celebrations of the Season.....Easter*

The celebration of Easter embodies a number of converging traditions with emphasis on the relation of Easter to the Jewish festival of Passover. Many of the early Christians were brought up in the Hebrew tradition and regarded Easter as a new feature of the Passover festival, a commemoration of the advent of the Messiah as foretold by the prophets.

Easter is observed by the churches of the West on the first Sunday following the full moon that occurs on or following the spring equinox (March 21). So Easter became a "movable" feast which can occur anywhere from late March 22 to mid-April.

Pagan symbols associated with fertility survive in the Easter Bunny and in colored eggs, originally painted with bright colors to represent the sunlight of spring.



*A Member's Story*  
*by Claude Harper, Jr.*

**After the Army "What? Polio?"**

My name is Claude Harper, Jr. I am 90 years old now. After being in seven major WWII battles with the First Red Division, including landing on Omaha Beach on D Day June 6, 1944, I was put on reserve in the army.

One Thursday morning, September 22, 1950 I couldn't walk. I was in St. James hospital in Cook County, Chicago. The doctors said I was contagious and immediately sent me to Michael Reese Hospital, also in the Chicago area, for 4 months where I received special attention with Sister Kenny wool soaked hot packs and exercise treatment. The doctors told me that I would never walk again, but I continued with the exercise program at home, using crutches. After six months I went to work. Three years later I was able to walk without help.

In 1955 I went to work at Beatrice Creamery Company and began an enjoyable job traveling in the U.S. and Canada. The times when my wife Mary couldn't go with me, I would call home every night to talk with her. When I reached the age of 65, I was asked to retire.

I had always enjoyed running and in 1977 Post Polio Syndrome effected how I ran. I found myself not able to run anymore because of severe pain. Nothing worked for the pain. Tests were done in 1992 at a hospital in Indianapolis by a group of post polio doctors, and later at the Mayo Clinic in Florida. The results were the same. Post Polio Syndrome. I then was put in braces. Two operations later I was able to walk for two more years.

I began to experience frequent falls and on January 8, 2006, my most recent fall caused nerve damage in my neck resulting in my not being able to use my right hand and fingers. It has been thirteen months and the doctor says it may take two or more years for this injury to heal as it is nerve related.

These days I am in a wheel chair and Mary is blind. I don't drive anymore and we stay at home now except when my son comes to take us shopping or to the doctor.

I am grateful that we were able to see a lot of the world. Mary's favorite places are Norway, Sweden, Denmark and Germany. And most of all, I'm grateful that I still have my Mary.

## Dr. Richard L. Bruno Comments on Mayo Clinic Artic

*(continued from page 2)*

Of all the problems with this study, the biggest is the assumption that the death of a "normal" number of motor neurons in polio survivors is, well, normal. These researchers apparently aren't aware that David Bodian discovered in 1949 that the poliovirus killed on average 50 percent of motor neurons, and that polio survivors had to lose at least 60 percent to have any muscle weakness, let alone paralysis. So, if polio survivors start out with one-half the "normal" number of motor neurons, the loss of an additional 45 percent would mean they have lost 73 percent of their motor neurons over 15 years, which is hardly normal and more than enough to cause "progressive muscle weakness" and an 18 percent decrease in muscle strength.

I cannot understand how or why the Mayo researchers acknowledge, but then ignore, their not having a matched non-polio control group and their own findings of progressive muscle weakness in the post-polio subjects. Apparently, at the Mayo Clinic, polio survivors are merely the sum of their dying motor neurons.

I would argue that polio survivors are in no way the sum of their dying motor neurons, that their research methods are faulty, their logic flawed and their conclusion unfounded. But, I don't have to argue with the researchers. They argue with themselves. Next month, the rest of the story.

## ***FOR THOSE WHO MIGHT BE INTERESTED IN OUTDOORS SPORTS. CHECK OUT THIS YEARS SPORTSABILITY EXPO 2007***



AN EVENT OF THE  
FLORIDA DISABLED OUTDOORS ASSOCIATION

***There Are No Barriers Too Great To Overcome!***



Thursday, April 12 — 6:30 - 9:30 pm Sportsability Banquet @ TCC at Kleman Plaza  
(Banquet tickets available at: [www.fdoa.org](http://www.fdoa.org) or 850-668-7323 - no tickets necessary for Fri. or Sat. events)

Friday, April 13 — 9 am - 2 pm Tallahassee Community College Lifetime Sports Complex

Saturday April 14 — 10 am - 3 pm Ochlockonee River State Park



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**Avis offers scooter rentals with cars...**



It looks like Avis is still trying harder. At two major visitor locations — Orlando and Las Vegas — Avis will rent you a four-wheel scooter that folds and fits in the car trunk when you rent one of their vehicles. Prices vary from \$40—\$60. They might expand scooter rentals to other locations if the idea proves successful.

**NEXT 2 MEETINGS  
 MARCH 15TH!  
 APRIL 19TH!**

We'd love to see you at our next meeting. Don't forget when and where.....

Every third Thursday of the month  
 Courtyard Marriott across from Mayo Clinic  
 San Pablo Road in Jacksonville  
 Meetings begin at 12 noon.

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Questions?

Call our president, Janice Askwith,
 at 904-333-3457

Or Vice President & Editor, Sandra Rodrigues
 At 904-824-2056

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.