

Birthdays

February-March
Feb. 2 Maurice Denzin
Feb. 7 Jackie Ball
Feb. 20 Barry Brown
Mar. 9 Gen Grant
Mar. 14 Lloyd MacPherson
Mar. 15 Carole Einfeld
Mar. 17 Verna Copeland
Mar. 17 Marion Volpel
Mar. 19 George Simpson
Mar. 23 Dorothy Slater
Mar. 25 Susie Quinn

Anniversaries:

Feb. 20 Don & Grace Lekivetz
Mar. 31 Deryl & Susie Quinn

If you wish to learn more about Post Polio Syndrome, join us. Our Polio Regina group meets at 7 pm on the last Thursday of the month at Wascana Rehabilitation Centre. Wheelchair access is gained from underground parking. **Next Meeting is Thursday, March 29, 2001.**

**MEMBERSHIP APPLICATION
POLIO REGINA Inc.**

Name _____
Active () if you had polio Associate () New () Renewal ()

Address _____
_____ PostCode _____

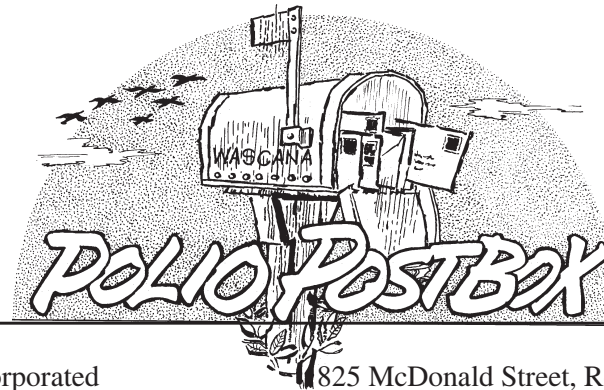
Phone: _____

Annual membership fee: (Jan.- Dec.)
\$10 Single; \$15 family \$ _____
My donation to Polio Regina Inc.: * \$ _____
Total \$ _____

(If you require sponsorship for your fee, inform our membership chairman)

Please make cheque payable to: **Polio Regina Inc.** and mail this application form and cheque to:
Polio Regina Inc. 825 McDonald St. Regina, Sk. S4N 2X5

* (Official receipt of donation for income tax purposes will be mailed.)



February, 2001

Editor: Fred Ramsay
Phone: 543-6380

Polio Regina Incorporated

825 McDonald Street, Regina, Sask. S4N 2X5

**Saskatchewan “March of Dimes”
Celebrates 50th Anniversary**



You are invited !

The March of Dimes is celebrating its 50th Anniversary across Canada this year and members of Polio Regina are invited to participate in various ways.

The Saskatchewan Abilities Council is the licensee for March of Dimes in our province and are authorized to use the name for fund raising activities. Be aware that this is the 50th Anniversary for the March of Dimes, not for the Saskatchewan Abilities Council.

A committee, spear-headed by the Abilities Council includes representatives from the Abilities Council, Polio Regina Inc. and Saskatchewan Awareness of Post Polio of Saskatoon.

The committee will be honouring the “Marching Mothers” of the 1950’s who were instrumental in raising funds for the treatment of people who contracted polio. They will also honour the physicians and nurses and the numerous care-givers who helped to treat and comfort those who were struck down by the dreaded disease of Poliomyelitis.

The organizers need your help in making the event successful and here are two examples of what the committee is proposing:

RESULTS: Subjects reporting high fatigue severity and word finding difficulty had clinically abnormal or significantly lower Animal Naming Test scores compared with subjects with low symptom severity. Impaired performance on the most difficult tests of attention and information processing speed were also associated with lower scores on the word finding tests. A significant negative correlation between Animal Naming Test scores and plasma prolactin suggests that a decrement in brain dopamine secretion is related to reduced animal naming ability

CONCLUSIONS: These data support the hypothesis that decreased dopamine secretion, possibly secondary to poliovirus damage to the basal ganglia, may underlie not only fatigue and impaired attention but also word finding difficulty in polio survivors.

Changes in strength over time among polio survivors.

Klein MG, Whyte J, Keenan MA, Esquenazi A, Polansky M
Moss Rehabilitation Research Institute, Philadelphia, PA 19141, USA.

OBJECTIVE: To study changes in the strength of different muscle groups in polio survivors over a period of approximately 9 months. **DESIGN:** Longitudinal study. **SETTING:** Moss Rehabilitation Research Institute. **PARTICIPANTS:** One hundred twenty subjects (57 men, 63 women) were studied on three occasions, each 3 to 5 months apart. Subjects were recruited through the Einstein-Moss Post-Polio Management Program. newspaper advertisements, and polio support groups. **MAIN OUTCOME MEASURES:** Isometric strength of 30 muscle groups (16 in upper extremities, 14 in lower extremities) was measured, using a hand-held dynamometer.

RESULTS: Data were analyzed in two separate groups: upper-extremity muscles and lower-extremity muscles. Results for the upper-extremity muscles revealed evidence of a significant deterioration in strength. The amount of deterioration differed among muscles and increased with age. There was also evidence of deterioration in strength in the flexor muscles in the ankle, hip, and knee. However, the rate of deterioration in these muscles was not strongly related to age, time since polio, gender, symptom status, or history of residual weakness.

CONCLUSIONS: Strength is deteriorating among polio survivors at a rate higher than that associated with normal aging. This deterioration is not occurring in the extensor, or so-called "weight-bearing" muscles, but is occurring in many of the upper-extremity muscle groups and in the flexor muscles in the lower extremities.

The influence of post-polio syndrome on independence and life satisfaction.

Burger H, Marinček C
Institute for Rehabilitation, Ljubljana, Slovenia. helena.burger@mail.irrs.si [Medline record in process]

PURPOSE: The aim of the study was to find out the influence of the new symptoms on life satisfaction and independent living and the most frequent disabilities in patients with post-polio syndrome that are affecting the satisfaction and independence.

What does the committee want from Polio Regina?

1. They would like names of Marching Mothers, doctors, nurses or anyone who participated in the 1950's campaign. Include a brief biographical sketch of the person whose name you are submitting. (*Gosh, we already have a physician who treated polio patients in the 1950's offering to be a guest speaker*)

All of this data is to be addressed to:

**Sherry Driedger,
Saskatchewan Abilities Council,
2310 Louise Ave.,
Saskatoon, Sk. S7J 2C7**

2. The committee would like to borrow photographs, news clippings and memorabilia from your files for a display. Fred (the editor) has already agreed to organize and mount your stuff on an attractive display board(s) to be in place at the gathering. All your stuff will be returned intact. We would even consider a short story of your contact with polio and how you have coped throughout the years. I would be pleased to type it and post it in our display board. (I already have one beautiful article submitted for the poster board. I need more !)

3. Finances: The planning committee will need some financial assistance to help defray costs of mailing, producing certificates, register, name tags, refreshments, decorations etc. We are suggesting that we split the costs three ways.(Sask. Abilities Council, Polio Regina Inc. and the Saskatoon Polio group.)

The gathering facility will be provided free of charge and a caterer will be asked to provide beverage and dainties as economically as possible. The total cost to host this event should be about \$500.

The planning committee is inviting Polio Regina members to participate and contribute ideas to commemorate the occasion.

So far it looks promising and with careful planning it will be a resounding success. Fred & Blenda will take part in the next tele-conference and report back to you at our next meeting.

Project #1:

Floral Beds designed with the “March of Dimes” logo to be planted in several communities across Saskatchewan. Various municipalities will be asked to plant these decorative flower beds to draw awareness of this special event. Information regarding a proper letter and forms to send to the local community parks officials will be included in the next information package that will be sent to us.

Project #2

On the Saturday (May 12) of the Mother’s Day week-end, an event called “**The Gathering**” is planned at Saskatoon in the auditorium of the Saskatchewan Abilities Council head office.

It is hoped that this event will attract any mothers who took part in the original March of Dimes campaigns of the 1950’s as well as medical doctors, nurses, physio therapists and anyone who was instrumental in working and treating patients or were involved in assisting polio survivors to recover from the disease.

Letters of publicity have now been sent to newspapers and all media around the province informing them of this event and asking them to publicize it in their communities.

It was decided that only one main event would be held, and Saskatoon is willing to host the activities with help from organizations such as Polio Regina Inc.

Tentatively, the afternoon function will be from 2-4 pm (we might ask the committee to lengthen the time for the gathering) including a short program for speakers and presentations to special honoured guests. That part of the program hasn’t been worked out, but you are certainly invited to submit names of anyone whom you think should be specially recognized and I’ll tell you in a second how to do that.

There will be refreshments served and time to visit friends. All polio survivors are cordially welcome to attend. They tell us the parking facilities are excellent.

METHOD: A questionnaire was sent to all the post-polio survivors (207) who visited the Rehabilitation Institute in Ljubljana at least once in the last ten years. We got 100 answers, which were analysed by SPSS (statistical package for social sciences). **RESULTS:** Sixty nine reported that they had new symptoms that may be classified as post-polio syndrome.

CONCLUSIONS: We have found that the new symptoms in post-polio survivors, which may be classified as post-polio syndrome, increased their walking and climbing stairs disability, increased their disability to perform daily activities and also decreased their satisfaction with life.

Post-polio syndrome: assessments, pathophysiology and progression.

Gandevia SC, Allen GM, Middleton JPrince of Wales Medical Research Institute, Randwick, Sydney, NSW, Australia.

While there have been many reports of the decline in motor function in patients with prior-polio, there have been few reports of quantitative changes in muscle function and the patho-physiological mechanisms for the deterioration are poorly understood. This paper describes the establishment of a post-polio clinic and the principles adopted in quantitative muscle testing using twitch interpolation. Peripheral endurance and/or voluntary drive to muscles is impaired in about 30% of prior-polio patients attending the clinic. Progression of these deficits is slow and not easily predicted by factors associated with the original illness.

Nominations for New Executive

When contacted, all members of the present executive agreed to serve another term in office. Never the less we must hold a nominating meeting to give others a chance to serve in office. So this meeting is an election meeting and your chance to volunteer your time and talents. All members in good standing are eligible.

The incumbent officers are:

President: Norm Beliveau

Programs: Dr. Mavis Matheson

Vice president: Suzanne Lalonde

Phoning Chairperson: Blenda Ramsay

Treasurer: Verna Copeland

Convenor: Verna Copeland

Secretary: Don Volpel

Post Box editor: Fred Ramsay

Turkey Talk:

We did have a ball at our Christmas party. The people came (55 of them); Santa was there on cue and the turkey arrive piping hot and delicious. Thanks to Verna and Ross Copeland for a job well done. Practically everyone in the room won a door prize and the winner of the virgin wool afghan wrap was Javonne Miller.



Left to right: Virginia and Maurice Denzin, Bob and Vel Lyons



Around the table (l to r) Don & Grace Lekivetz, Dr Adam Gruszczynski, Catherine & Bob Gordon



(l to r) Clarence & Carol Biberdorf, Lillian & Emanuel Fahlman, Rita & Lawrence Langelier and Lloyd MacPherson

Photographs by Murray Grant



Javonne Miller beams with joy after winning the afghan wrap presented to her by Maurice Denzin whose wife Virginia, hand-crafted.

Thanks to Dr. Mavis Matheson for submitting the following articles gleaned from the Internet.

The health-related quality of life of patients suffering from the late effects of polio

Kling C, Persson A, Gardulf A

Department of Occupational Therapy, Department of Rehabilitation Medicine and The Nursing Care Research and Development Unit, Huddinge University Hospital, Stockholm, Sweden. catarinasson@telia.com

In Sweden alone, there are today approximately 10, 000-16, 500 polio survivors. Between 60% and 80% experience new symptoms several years after the initial attack of poliomyelitis.

The aims of this study were to investigate and describe the self-rated health-related quality of life and functional status of a group of Swedish patients with post-polio, to investigate whether any differences within the group could be related to demographic or disease-specific data and to compare the post-polio patients with individuals sampled from the general population.

Data were obtained by using two questionnaires, the Swedish Health-Related Quality of Life Questionnaire (SWED-QUAL) and the Sickness Impact Profile (SIP). A total of 150 patients, 86 women and 64 men with median age 61 (20-82) years, were consecutively included. The study showed that the patients mainly reported that their physical, functional status was affected by their post-polio condition. Factors found to be associated with the physical, functional status were age and the number of parts of the body affected by the polio.

On comparing the post-polio patients with two samples from the Swedish general population, it was found that the patients reported a poorer functional status and health-related quality of life. The women with post-polio reported more pain, as compared with both the men with post-polio and the women in the general population sample. The family life of the patients - in contrast to their physical abilities - did not seem to be affected by the new deteriorating condition. It is concluded that, owing to the wide range of symptoms, the patients with post-polio need care and support from multidisciplinary teams, including nurses and occupational therapists.

Word finding difficulty as a post-polio sequelae.

Bruno RL, Zimmerman JR

The Post-Polio Institute, Englewood Hospital and Medical Center, New Jersey 07631, USA.

OBJECTIVE: Seventy-nine percent of respondents to the 1990 National Post-Polio Survey reported difficulty "thinking of words I want to say," with 37% reporting frequent, moderate-to-severe word finding difficulty.

This study was undertaken to objectively document polio survivors' word finding difficulty and to identify its relationship to fatigue, neuropsychologic processes requiring cortical activation, and a peripheral marker for brain dopamine secretion. **DESIGN:** In this study, 33 polio survivors were administered the Post-Polio Fatigue Questionnaire, Animal Naming and FAS Tests, and tests of attention and information processing speed. Plasma prolactin was also measured as a marker for brain dopamine secretion.