



# The Polio Post

The Voice of the Polio Survivors & Associates Fellowship

(A group of Rotarians dedicated to improving the health of polio survivors. This Fellowship operates in accordance with Rotary International policy, but is not controlled by Rotary International.)

Editor: Jack Campbell. e-mail: [JackCampbell@cox.net](mailto:JackCampbell@cox.net)

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## Minnesota Polio Cases

First of all, the most up-to-date authoritative report from the Centers for Diseases Control and Prevention is Poliovirus Infections in Four Unvaccinated Children - Minnesota, August-October 2005. The CDC issued this public health dispatch online in the *MMWR (Morbidity and Mortality Weekly Report, Vol. 54)* on Friday, October 14, 2005. We have saved it at: <http://www.rotarypoliosurvivors.org/pdf/document20.pdf>

Recent newspaper articles and other documents circulating through the post-polio community have aroused considerable interest. We believe the Post-Polio Health International "Question and Answer" article to be found at <http://www.rotarypoliosurvivors.org/pdf/document21.pdf> is not only correct in its conclusions but is written in such a way that members of PSA and/or associates in Rotary Clubs or in their communities can understand what is happening.

Another excellent source of polio information is the World Health Organization website [www.polioeradication.org](http://www.polioeradication.org). They publish frequent updates on polio issues throughout the world.

We continue to recommend to our members that they stay tuned to the PPHI website and consider joining when feasible to do so.

## “POLIO, AN AMERICAN STORY”

“Books Amillion”

I am sure there is a bookstore chain by this name, or something similar; so to avoid legal or ethical problems I hasten to add if there is such a store near you, they may have one or all of the titles in this article.

**In this, the 50<sup>th</sup> Anniversary Year of the successful introduction of the Salk vaccine we have all seen an upsurge in newspaper articles, magazine pieces, books, exhibits and public recognition of Polio and its impact on our world. For those of us involved with polio issues this is gratifying to know that “our story” is being told. Sometimes it seems there are “books a million” on the subject. This is not likely to last, but while it does, I want to point out one in particular that I found especially germane to survivors and Rotary International’s role in eradicating polio throughout the world.**

**The book is, “POLIO, AN AMERICAN STORY” by David Oshinsky. Oxford Press has granted us permission to reproduce a portion of the book. This may be found at [www.rotarypoliosurvivors.org/pdf/document19.pdf](http://www.rotarypoliosurvivors.org/pdf/document19.pdf)**

**I have been making use of copies of this when making personal presentations to civic or educational groups. I believe it will resonate with most polio support groups and might well be the starting place for roundtable discussions of individual stories of their own experience with the initial event; the recovery; the equilibrium of what was “normal” for us; the surprise of postpolio problems, educating doctors and therapists, and all the rest that goes with it.**

**When we began our Rotary Polio Survivors Fellowship, we naively used the word “information”. Believe me, I had no idea just how much information there is in circulation, but I can report on items that have helped me, and our local support group. Julie Silver and Anne Gawne’s book, “Postpolio Syndrome” published in 2004 is an excellent book to use when educating your local medical group. Lauro Halstead’s “Managing Post-Polio”, NRH Press 1998 is both understandable and useful as a personal guideline for living well.**

**Other books recently reviewed in Post Polio Health: “Living with Polio: The Epidemic and Its Survivors”, Daniel J. Wilson; “Splendid Solution: Jonas Salk and the Conquest of Polio, Jeffrey Kluger; “Chronic Pain and the Family: A New Guide”, Julie Silver - all seem to be well worthwhile reading for any of us.**

**To really grasp what I mean by “books amillion” there are seven pages of publications listed on [www.post-polio.org/ipn/books.html](http://www.post-polio.org/ipn/books.html)**

**Good reading and good luck to us all.**

**Ray Taylor, Secretary Rotary Polio Survivors Fellowship  
[raytaylor@mindspring.com](mailto:raytaylor@mindspring.com)**