

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JANUARY

1988

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CARTER TO MEET WITH POLIO SURVIVORS IN NORTH PLATTE & SCOTTSBLUFF

Polio survivors in western Nebraska are invited to meet with NPSA's director, Nancy Carter, to discuss what's happening in post-polio today and to learn more about this organization.

She will speak in the Platte Room at Great Plains Regional Center in North Platte at 2 p.m., Sunday, January 24.

On Tuesday, January 26, Nancy will speak in the Scottsbluff Room at West Nebraska General Hospital at 7 p.m.

Coffee and goodies will be on hand, and there will be plenty of time to ask questions and chat with Nancy and the others present. Please make plans to come and bring your family and friends!

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HELP FOR FATIGUE

Get a handicap parking permit and reduce unnecessary output--don't spend all of your energy in the parking lot!

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NEW DISABILITY INFORMATION AVAILABLE TO NPSA MEMBERS

The December Omaha Area NPSA Support Group was treated to an informative discussion regarding disability claims by a man who knows--Jim Faulkenberry, Social Security Disability Examiner.

If you have worked 20 out of the past 40 quarters and paid into the system at that time, says Jim, you are entitled to disability benefits if you meet the "requirements".

Jim pointed out the importance of your doctor's giving specific, detailed evidence to support the claim that you are unable to engage in significant gainful activity due to a medically determinable impairment.

It is not enough for your doctor to say, in his response to the Social Security query,

that you are disabled and unable to work. He must substantiate this with facts from your record.

Recent changes in Social Security's Program Operations Manual System reflect an awareness of the problems now being encountered by polio survivors, including such factors as fatigue, weakness, pain, and cold intolerance.

Those of you considering filing for disability payments may find it helpful to call or write NPSA for information. We can help you understand specifically what your doctor needs to do in your behalf, and will send copies of material that will show your doctor exactly what the government wants. See our address and phone number on page 4.



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**CERTAIN SURVIVORS
WARNED NOT TO USE
NARCOTIC ANTI-
DIARRHEAL MEDICINE**

An article in the POLIO NETWORK NEWS, published by our St. Louis affiliate GINI, warns against the use of anti-diarrheal medicines containing narcotics if you are a person with paralysis of the trunk muscles or diaphragm.

Pulmonologists and respiratory therapists express their concern that these medicines may decrease the respiratory drive, especially in debilitated people who may be more sensitive to respiratory depressant effects and those who may also have less body mass, thus causing them to have a stronger adverse reaction to the medicine.

Susan Sortor, RRT, Dallas Rehabilitation Institute, urges those with disabilities to read the labels carefully on anti-diarrheal medicines that often contain narcotics, such as Lomotil, paregorics, etc.

St. Louis' Oscar Schwartz, M.D., at St. Mary's Health Center, advises travelers to take along Pepto Bismol or Kaopectate. If the diarrhea lasts longer than 48 hours, one should see a physician due to the risk of dehydration.

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**CHRISTMAS CELEBRATED
BY NPSA
SUPPORT GROUPS**

Santa was kept busy by NPSA this year as two of our area support groups held Christmas parties.

Both Kathy Hendrickson, Grand Island Area Representative, and Delores Bray, Holdrege Area Representative, report that, though they may not have had any chestnuts roasting on an open fire, their groups had plenty of other goodies and some wonderful fellowship at their holiday galas.

They send warm wishes for a Happy New Year to their brothers and sisters in NPSA throughout the state.

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HAPPY HOLIDAYS

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**POLIO TAPES TO BE SEEN
AT THREE JANUARY
MEETINGS**

Three NPSA area support groups have scheduled viewing our tapes from this summer's International Polio Conference in St. Louis.

PAIN will be seen at the Holdrege area meeting on January 2; the Norfolk area group will see PAIN on January 10; and the Chadron area group will show FATIGUE on January 17.

These are excellent tapes, full of helpful information for polio survivors. Take your family and friends to see them, too!

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**STAYING HEALTHY
WITH PPS**

by Marie Galda, NPSA
Omaha member

The confusion in the mind of the health professional first facing the growing prevalence of post-poliomyelitis syndrome is exceeded only by the confusion in the mind of the polio survivor when he first faces his growing symptoms.

We must do our best to help our doctors to weed out complaints stemming from other causes. And we must try to follow the dictates of general good health to keep ourselves in the best possible physical condition.

To do this, follow scrupulously every health and hygiene rule you have ever heard or read of. Be a health nut, limited only by common sense. (CAUTION: not a health-FOOD nut, nor an exercise nut.) Then when you approach the best you can be, you can tell others what post-polio syndrome is. Note that this will be achieved not in days or weeks, but in a lifetime of conscious endeavor.

We can make the job of those puzzling over this new phenomenon of PPS much easier if we approach health professionals and researchers as people glowing with good physical and mental health, but troubled with unexplained loss of stamina and endurance, rather than as confused complainers. And we will be a lot more comfortable, too.

