

Bruno Bytes - December, 2014

On how pediatricians can help stop polio 12/30/14
<http://www.polioeradication.org/Resourcelibrary/Strategyandwork.aspx>

On napping during the day (4 + hours) and having trouble waking up 12/30/14

(The person with the question had a sleep study in the past).

Was your sleep study in the hospital and WHEN did you have it? Maybe you need another sleep study. You shouldn't be sleeping 4-5 hours during the day. You also need adequate protein in your diet and to do daily logs of activity and fatigue so you're not bleeding energy and becoming fatigued and needing a night's sleep during the day.

Conversation Continued: You need a physical, blood work (including thyroid) and a new sleep study in that order. 4-5 hour naps aren't typical or wanted!

On vision issues and how they may be affected by PPS 12/27/14

The poliovirus was actually injected into the visual part of the brain of monkeys and had no effect on the neurons, as if they had no poliovirus receptors and couldn't be damaged. The optic nerve is not affected by poliovirus and muscles that allow the eyes to focus should not be affected.

Eye strain and dry eyes happen to lots of folk as we get older so yearly trips to the eye doc are in order for polio survivors, especially those needing powerful lenses and having severe astigmatism.

Since sympathetic/vagus nerves were damaged, pupil opening/closing could be affected but I have not seen it in 32 years of treating polio survivors.

Certainly, voluntary facial muscles (opening and closing eyes, winking, squinting) could be affected by poliovirus. Polio survivors can have lag ophthalmous, where they don't completely close their eyes, causing dry eyes and disturbed sleep. I hope this helps!

The conversation continued as it relates to muscles that move the eyes:

Muscles that control movement are voluntary muscles so could be affected by polio, like facial muscles. Big differences between muscles that move the eyes, muscles that make the pupil open and close and muscles that control focusing the eyes.

On polio survivors having tracheotomies 12/27/14

John Bach says NO polio survivor should have a trach unless there is trauma to the upper airway stopping the flow of air.

http://njms.rutgers.edu/resource_locator/find_people/profile.cfm?mbmid=bachjr#tab-video

Continued:

"I had polio in 1954. I'm not sure if I ever got full doses of the vaccine long ago. I'm just not sure!"

Does it matter if I did or not? Should I be concerned? 12/27/14

1st response from a participant: "Ask your doctor if there is a blood test that would prove you have titers against all three types of polio and see if you were adequately vaccinated. I know they have tests for other viral illnesses that are now vaccinated for.

From Dr. Bruno (a description of the 3 types of polio virus):

The comment above is a good idea. At this moment I don't think polio survivors need to be re-vaccinated. Almost every polio survivor had Type One polio which is the virus that is circulating right now throughout Pakistan in the Middle East. Type Two polio virus seems to have been eliminated and Type III is very close to being eliminated. There is the new type one virus from the democratic republic of Congo for which there is no vaccine but for which the type one polio vaccine offer us some protection.

But, then again with what's going on in the world, it couldn't hurt to be revaccinated if you live in a big city with lots of immigrants. Certainly if you travel anywhere out of the country you need a booster.

WHO (World Health Organization) on Polio Virus Transmission & CDC Interim Guidance on Vaccine Requirements for Americans and Those Who Travel.

12/26/14

Yes, the CDC agrees with the International Centre for Polio Education's "National Immunization for Polio Prevention in Infants and Toddlers -- or NIPP IT -- Campaign": Polio in America is just a plane ride away... at least SOMEONE in government is waking up to the danger to the US.

<http://www.medscape.com/viewarticle/836095>

On collecting long term disability 12/20/14

For work-related long-term disability - You don't need a lawyer for SSDI if you follow our protocol at postpolioinfo.com.

<http://postpolioinfo.com/ssdisability2.php>

Since Social Security recognizes PPS,

shouldn't Medicare allow for appropriate treatment? 12/19/14

Medicare does allow for treatment both for acute situations and maintenance, meaning that you can go back if you have recurring muscle spasms for example and not have Medicare say "physical therapy isn't going to cure you so you can't have anymore." Maintenance therapy is now allowed; "curing" through physical therapy or medical treatment is no longer required by Medicare. Find out about the new maintenance regulations and ask about physical therapy, not "massages."

Continued:

Podcast of the Polio Paradox 12/16/14

Did you miss Dr. Bruno's Polio Paradox lecture during his book tour? If you heard him, would you like a reminder?

In 75 fascinating and often funny minutes Dr. Bruno discusses, in his own inimitable style, his best-selling book, The Polio Paradox, describing the cause, diagnosis and treatment of Post-Polio Sequelae and the remarkable historical and physiological relationships between the polio epidemics, the polioviruses, "polio-like" viruses (like Enterovirus 68) and Chronic Fatigue Syndrome/Myalgic Encephalomyelitis plus fibromyalgia, including:

- How you got polio.
- What polio did to your brain, your body...and your mind.
- Did "Baby Boomers" who have CFS/ME today actually have PPS?
 - Did the poliovirus or polio vaccine cause CFS/ME?
...and of course finishing with "The Golden Rule."

Go to randomharvestbooks.com and enjoy this companion to The Polio Paradox while you support, with your tax deductible donation to the International Centre for Polio Education, their world-wide work of educating about the need for continued polio vaccination and about the needs, cause and treatment of Post-Polio Sequelae.

<http://www.postpolioinfo.com/podcast.php>

On a Physical Therapist wanting to get you "Back" to where you were 2 years ago 12/4/2014

Knee wear and tear have EVERYTHING to do with past polio!

What do you say when your physiotherapist wants you back to where you were at physical abilities 2 years ago?

"Bye, bye!"