

Bruno Bytes – June, 2015

On the topic of Post-Polio Fatigue 6/26/2015

Original Post: I watched "Awakenings" with Robin Williams. Does that movie affect any of you as much as me? I see some similarities with we who were affected by polio. We were so sick at first and went through many days of learning to walk, therapy for our legs and arms, and multiple surgeries in the hospital. Then we lived a life of somewhat "normalcy" taking on many varied forms and functions for each one of us. Now some of us find ourselves back to square one with braces, wheelchairs, scooters, crutches, and canes and it almost seems like a dirty trick! It can tend to get us down if we let it. However, at the end of the movie the point is made, that life is more...it is the love of family and friends, it is the touch of another human being, it is knowing that there are others facing the same things you are facing and you realize you are not alone! We'll get through this together!

Dr. Bruno's Response: "Awakenings" has a lot to do chemically with post-polio fatigue, primarily because both are associated with a decrease in dopamine and both are caused by viral infections. Oliver Sacks (<http://www.oliversacks.com>) told me that the symptoms of post-polio fatigue remind him of his "Awakenings" patients and believes that a lack of dopamine that we outlined in the brain fatigue generator paper underlies post-polio fatigue.

<http://www.postpolioinfo.com/library/bromo.pdf>

AND

<http://www.postpolioinfo.com/library/parallels.pdf>

On the topic of the FDA Regulating Herbs & Spices (6/22/2015)

Dr. Bruno's Post: "Why Shouldn't the FDA regulate Herbs and Spices"

http://www.nytimes.com/aponline/2015/06/17/us/politics/ap-us-bogus-supplements-seniors.html?_r=0

On the topic of Polio being a 'Disease' of the Summer (6/18/2015)

Original Post: Why was polio a disease of the summer? Why did it occur more in warm months? Children were exposed to each other during the school year in classrooms, too. What was it about summer?

2nd Post: Does anyone know what year it was determined that polio was transferred via oral/fecal contamination? I can understand the warmer weather for contact as it is believed I got it while playing in a rain swollen drainage ditch with my friend; he came down with the "flu."

Dr. Bruno's Response: Actually, the biggest month for polio in general was September! Warm and back to school! That was David Bodian's work in the 1940s. The polioviruses are like any virus that grows in the gut: it likes warm humid places so summer is the perfect time for polio, especially when people are out and about and mingling with each other. And remember it took more than a week for the symptoms of polio to reveal themselves. So you could be infected in September and show symptoms in October.

All of these answers, and even pictures, are in *The Polio Paradox*.

On the topic of "Fear" 6/15/2015

Dr. Bruno's Post:

I've recently been hearing unwelcome old songs from polio survivors:

"I'll use assistive devices when I need to," "I don't want to look disabled" and

"I can't ask for assistance, even when it's offered.

"It's time for a Roosevelt injection..."

Go to the Article "FEAR?" (and click on it)

<http://www.papolionetwork.org/how-do-we-live-with-it.html>