

# Bruno Bytes

November, 2014

## The New Vaccine Resistant Polio 11/10/14

Please don't worry about the new strain of polio. You have immunity which offers some protection. The number of cases was small. And it is unlikely you're going to come in contact with the poo of someone from the Congo!

[http://www.upi.com/Health\\_News/2014/11/05/Researchers-identify-vaccine-resistant-strain-of-polio/2501415209985/#ixzz3IRN4Agyn](http://www.upi.com/Health_News/2014/11/05/Researchers-identify-vaccine-resistant-strain-of-polio/2501415209985/#ixzz3IRN4Agyn)

## About the Cold 11/7/2014

Karen, remember it's 15 degrees COLDER inside polio survivors' nerves than in non-polio survivors, causing slowing of nerve impulses to muscles and making supporting tendons and ligaments stiffer, like putting a rubber band in the freezer. So, to keep muscle stronger and moving, dress in layers and dress right out of bed or the bath in the am:

Start warm to stay warm!

## On Cold Hands 11/7/14

IT'S GETTING COLD!

Time to remember that polio survivor's nerves and muscles are 15 Degrees COLDER than non-polio survivors. So get dressed when you're warm (just out of the shower or bed). And to keep the heat in, dress in layers, use polypropylene socks and undies and take a look at these new gloves that really work to keep your hands warm. Wear them inside the house or as glove liners:

<https://www.therapygloves.com/newsletters/2014-Oct-24.html>

## On Osteoporosis and Osteopenia 11/7/14

Osteopenia seems to be a diagnosis in search of a disease. Osteopenia is diagnosed by decreased bone density, bone density results are like political polls: Both tell you in percentage terms what MIGHT happen, the percentage chance of who MIGHT be elected or, in the case of bone density, the percentage chance that you MIGHT have a hip fracture.

But there are other factors that need to be considered beside bone density:

Age, Gender, Steroid use, Current smoking, Rheumatoid arthritis, Parent with hip fracture, Chemotherapy for breast and prostate cancer, Alcohol intake of greater than 2 drinks per day, Inflammatory bowel disease and prolonged immobility, history of hip fracture after the age of 45 to 50 years, Type I diabetes and thyroid disorders (for example, untreated hyperthyroidism and over treated hypothyroidism), body mass index

(Calculator found here: [http://www.nhlbi.nih.gov/.../educ.../lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/.../educ.../lose_wt/BMI/bmicalc.htm) )

... and finally hip bone density.

The WHO (World Health Organization) has created a calculator to determine your risk of fracture:

[www.shef.ac.uk/FRAX](http://www.shef.ac.uk/FRAX)

A review of treatment of decreased bone density by Eriksen concludes "While there is general consensus on treating osteopenia individuals with...low energy (spontaneous) fractures, the treatment of osteopenia without fracture is still debatable."

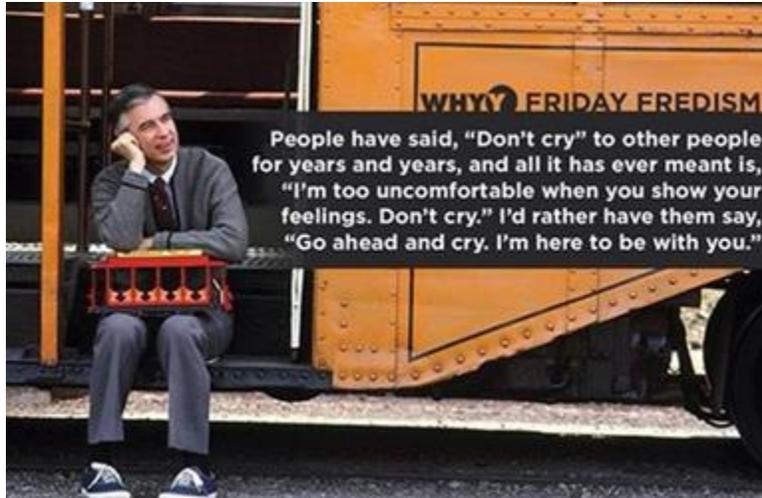
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3411311/>

If you've had a spontaneous hip fracture treatment of even osteopenia makes sense. (FYI, in 32 years we have never seen a spontaneous hip fracture and have only seen very few "high energy" (fall-related) fractures in polio survivors with osteoporosis, even though PPI patients tend to fall a lot.)

Use the FRAX calculator and then talk to your doctor about the risks and benefits of calcium, vitamin D3 and medication for osteopenia if you've had a fracture and for osteoporosis if you haven't.

### On Crying 11/3/14

You have to feel safe to express emotions and many polio survivors never felt safe. Some were beaten by nurses, orderlies -- even their parents -- when they cried. Kathy shows Fred Rogers saying not "Don't cry" but, "Go ahead and cry. I'm here to be with you." Too few of us had a Fred Rogers in our lives. But it's never too late to cry and never too soon to laugh.



### On Treating Pain With POT 11/3/14

Since we preach "The Golden Rule for PPS" - If anything causes fatigue, weakness or pain DON'T DO IT! (Or do much less of it) - we don't recommend medication for pain or drugs that make you "not care" if you're in pain.

There is no evidence that pot helps polio survivors' pain. Anecdotally, a patient who swore pot was the ONLY thing that helped his severe pain was forced to stop smoking after decades and admitted that pot didn't help pain, he just didn't care he hurt when he was high.

Certainly, pot is going to mess up your coordination and attention, which is not good for polio survivors who MUST pay attention to what their legs are doing. Plus smoking pot is sedating and not good for anyone's lungs.

I can't recommend smoking dope to "treat" PPS.

### On Stress 11/1/14

Our 1985 NATIONAL PPS STUDY found that Stress is the 2nd leading cause of PPS symptoms, right after physical overexertion.

Stress isn't just a state of mind; it's a state of body!