



Bruno “Bytes” – May, 2016

(Bits and Tidbits from the Post-Polio Coffee House
Available through a “link” from www.postpolioinfo.com (or) directly through
<http://www.papolionetwork.org/bruno-bytes.html>

On the topic of “Why is my *good* leg now getting weaker”? (5/1/2016)

Original Post: I had polio in my left leg and lately it's the right leg that's been nearly buckling on me. My left leg has always done that but now my right leg is too. It's done it twice just today and the second time, luckily I caught myself in the kitchen before I fell. Could this be related to PPS?

Additional Post: The way I see it? Our dominant leg has done double duty for many years and is wearing out at a fast pace. We must be kind to it!

Additional Post: It's important for us to realize that everything that happens to us may not be related to polio. Always see your MD before assuming anything. That being said, new weakness, in limbs previously "unaffected" is a chief complaint with PPS.

Dr. Bruno's Response: Yes. I can't tell you the hundreds of polio survivors who have come to the Post-Polio Institute and say, "My polio leg has been paralyzed and in long-leg brace since 1952. Why is my "good leg" getting weaker?" It's because the "good" leg's motor neurons were damaged by the poliovirus and have on average been doing sixteen-times the work that they did before polio to make up for the paralyzed leg. As always, PPS is a diagnosis of exclusion and all other causes for muscle weakness must be ruled out before your doctor can say "It's PPS." That being said new weakness in limbs previously "unaffected" by polio is the norm in polio survivors.

On the topic of Medical Errors (5/3/2016)

Dr. Bruno's Original Post: Medical Errors are the leading cause of death after Heart Disease and Cancer.

<http://www.bloomberg.com/news/articles/2016-05-03/medical-errors-are-the-third-leading-cause-of-death-study-finds>

On the topic of 529 Accounts allowing tax free savings for the Disabled (5/6/2016)

Dr. Bruno's Original Post: People with disabilities will be able to open new, tax-free savings accounts under at least two programs offered nationally this summer.

http://www.nytimes.com/2015/01/28/business/special-savings-accounts-for-disabled-people.html?_r=0

Is your State included? You can check here:

<http://www.ablenrc.org/>

On the topic of medications for “Bowel” issues. (5/7/2016)

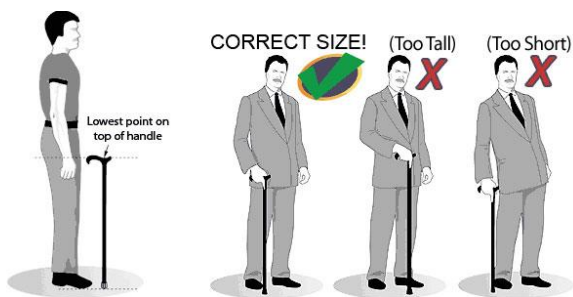
Original Post: Has anybody been prescribed Linzess? If so, what has been your experience with it?

Additional Post: It is used for IBS and chronic constipation. It has something to do with our nerve in that area, was damaged by the polio and can't get the muscle to work to stimulate the bowel.

Dr. Bruno's Response: The vagus nerve was damaged by the poliovirus and causes the entire digestive system, from the back of your throat all away down to, well you know where, to be slow. There is an article about this in the post-polio library at postpolioinfo.com - <http://postpolioinfo.com/library/SlowGuts.pdf>

On the topic of Walking with a Cane (5/10/2016)

Original Post: I have a question that I'm hoping someone here can answer for me. Recently I have had to rely on using a cane to assist me while I'm walking any long distances. My balance and weakness in my polio leg has gotten worse and the cane helps to stabilize my gait. I have now noticed that my upper right forearm right



below my elbow has been hurting me during the day even when I haven't used the cane that day. Could this be caused by using the cane? How can I prevent this from getting any worse than it is?

Additional Post: Was your cane fitted properly? The handle should be at a right angle with the shaft - not a curve. With the arm nearly straight the handle should reach the first wrinkle on the wrist. When walking the cane should never be

farther forward than the instep of the foot taking the step. It should be an extension of the arm to the floor not a staff that you plant and then walk up to. If the cane is not the correct length, Carpel tunnel, tennis elbow, and rotator cuff problems will follow.

Dr. Bruno's Response: I agree with (above). And more importantly? Walk less.

Additional Post: Always remember your arms are your independence, the more you use canes and crutches the more pressure you are putting on your arms, pain is a warning sign that you're putting too much stress on your arm. Maybe it's time for a power chair.

On the topic of the Polio Virus killing Cancer Cells (5/12/2016)

Original Post: I can't be the only one that watched 60 minutes last night - Using the Polio virus to kill brain cancer cells! This is so exciting. At last they have found out that the Polio Virus is good for something!

The entire episode is available here –

<http://www.papolionetwork.org/polio-in-the-news.html>

Dr. Bruno's Response: Dr. David Bodian showed in the 1940s that the poliovirus is a "silver bullet designed" to kill brain neurons. Damage to spinal motor neurons was an afterthought. There is no better way to kill brain cancer cells than with the "silver bullet!"

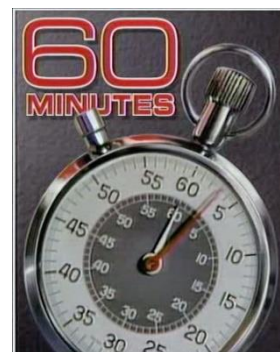
Additional Post: Does it target only the cancer cells or indiscriminately kill all brain cells?

Dr. Bruno's Response: Just cancer cells.

Additional Post from John McFarlane (Pres. European Polio Union): According to the papers from the FDA & Dukes University the virus has been genetically modified so it is incapable of causing paralysis. The extended trials will of course, in part, have to prove & verify these claims and assurances, together with looking at the perceived effect in acting as a carrier to attack the cancerous tumor. As Richard Bruno points out those involved to date at least are all vaccinated.

Dr. Bruno's Response: Here is a Brief Background about PVS-RIPO.
How Does the Poliovirus Kill Cancer?

PVS-RIPO is a genetically engineered poliovirus that is being studied as a new anti-cancer agent. To kill cancer cells, PVS-RIPO must not infect only cancer cells, but also it must be safe and not cause polio. Safety was achieved by genetically removing the code inside the poliovirus that causes paralysis and replacing it with a piece of the genetic code of a cold-causing rhinovirus. Safety testing in monkeys and human patients has



shown no nerve cell killing, no ability to cause paralysis and no ability of PVS-RIPO to change back to the wild type poliovirus that can cause poliomyelitis.

PVS-RIPO naturally infects almost all cancer cells because the receptor for poliovirus, which pulls the poliovirus into a cell, is normally present on most tumor cells. PVS-RIPO kills cancer cells, but not normal cells, because its ability to multiply depends on biochemical abnormalities that are only present in cancer cells.

To treat cancer, PVS-RIPO is injected directly into a patients' tumor (e.g., in the brain). This assures that the maximal amount of poliovirus is delivered directly to the tumor. Once inside the tumor, PVS-RIPO infects and kills tumor cells. Although PVS-RIPO may kill tumor cells all by itself, the likely key to PVS-RIPO's effectiveness is its ability to reveal the cancer cells to the patients' immune system. The human immune system recognizes viral infections so it can vigorously attack the poliovirus-infected tumor.

It's the advance of mapping the genome and genetic manipulation that makes all of this possible. It's really amazing stuff.

On the topic of Anti-Inflammatory Herbal Supplements (5/19/2016)



Original Post: My physical therapist gave me some information on Boswellia Complex, and anti-inflammatory herbal supplement. She thought it might help since I cannot take anything that would create problems with the Plavix that I am on. I have persistent shoulder, neck and biceps pain and stiffness due to 65 years of crutch walking. Do you have any advice?

Dr. Bruno's Response: As with anything you put inside or attach to your body, only double-blind placebo controlled studies can tell you whether the stuff might actually help.

First, your physical therapist should not be recommending herbs.

Second, Boswellia (aka "frankincense") has been reported to have anti-inflammatory properties that might decrease pain. But it's also been said to treat more than three dozen other conditions. The effective dose has not been determined and you never know where the stuff in the capsules you get at the health food store came from or even if the capsules contain what's on the label.

Third, the side effects include abdominal pain and burning, bloating, nausea, vomiting, diarrhea, chest pain, wheezing and shortness of breath.

The only treatment for PPS symptoms that we know won't hurt you, and actually helps, is
"Conserve to Preserve".

On the topic of the difference between Cerebral Palsy and Polio (5/23/2016)

Original Post: What is the difference between Cerebral Palsy and Polio? A friend of mine has CP and some of the effects seem very similar.

Dr. Bruno's Response: Very simply, CP results from damage to brain motor neurons that makes muscles contract too much, vs polio where the motor neuron damage makes muscle contract too little.

CP patients muscles tighten up and polio affected muscles are loose. CP kids do wear braces to position their feet to prevent deformities and to help them walk. CP is NOT caused by a virus and Polio is.

Additional Bruno "Bytes" are available for you to share by going to:

<http://www.papolionetwork.org/bruno-bytes.html>

Scroll down the page (through the Current Month posts).

Previous months are located there, and are available by "clicking" on them, in easily printable PDF format.