



## Bruno “Bytes” – November, 2015

(Bits and Tidbits from the Post-Polio Coffee House)

Available through a “link” from [www.postpolioinfo.com](http://www.postpolioinfo.com) (or) directly through <http://www.papolionetwork.org/bruno-bytes.html>

### On the topic of ACTH (adrenocorticotrophic hormone) and Stress (11/3/2015)

Original Post: Dr. Bruno - can you point me to the document in the PPS library where it talks about ACTH and stress? [https://en.wikipedia.org/wiki/Adrenocorticotrophic\\_hormone](https://en.wikipedia.org/wiki/Adrenocorticotrophic_hormone)

Dr. Bruno’s Response: ACTH appears to be lower in polio survivors with fatigue:

<http://postpolioinfo.com/library/nyas.pdf>

<http://postpolioinfo.com/library/eeepro.pdf>

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

### On the topic of Mindfulness Meditation Helping Pain Issues (11/5/2015)

Original Post: My Mom always used to refer to this as “mind over matter” – but then again, some things have changed !

[http://www.scientificamerican.com/article/neuroscience-reveals-the-secrets-of-meditation-s-benefits/?utm\\_source=Encore+%22Mind+of+the+Meditator%22+39-45+11%2F5%2F15&utm\\_campaign=11%2F05%2F15&ut](http://www.scientificamerican.com/article/neuroscience-reveals-the-secrets-of-meditation-s-benefits/?utm_source=Encore+%22Mind+of+the+Meditator%22+39-45+11%2F5%2F15&utm_campaign=11%2F05%2F15&ut)

Dr. Bruno’s Response: I created the "TWO BREATH TIME OUT" especially for Type A polio survivors who wouldn't take 20 minutes to meditate but would take 30 seconds to relax. Maureen McGovern's beautiful and peaceful recording of the "TWO BREATH TIME OUT" is in the random harvest e-book area of [www.postpolioinfo.com](http://www.postpolioinfo.com) and (will be free to download between Thanksgiving and New Year’s Day).

Dr. Bruno’s 2<sup>nd</sup> Post: Speaking of Mindfulness Meditation –

<http://www.newswise.com/articles/view/642931/?sc=mwhn>

### On the topic of Significant Fatigue (11/10/2015)

Original Post: Besides just going to bed, is there anything else that can be done for this horrible fatigue I have?

Dr. Bruno’s Response: Complete bloodwork including thyroid measurements and a sleep study! This is the life you have to look forward to if you keep vacuuming three rooms! Has the PPS rule of "conserve to preserve" ever been explained?

Maybe you need to go back and take a look at how you do your day, what activities trigger symptoms, adding protein to your diet and how you can preserve.

Find something with 7 grams of protein for breakfast. And send me your "borderline" sleep studies data. You know the rule: Borderline for anyone else is abnormal for a polio survivor.

Do you do too much? Do too little and feel guilty? Head space full of 'shoulds'? That's why I wrote "How to STOP Being Vampire Bait" <http://postpolioinfo.com/vampire.php>

### On the topic of Swallowing Issues (11/11/2015)

Original Post: Dr. Bruno, the barium swallow test I had went well and the barium was not so bad.

I ended up with presbyesophagus as the diagnosis. That's a whole new word for me, but sure makes sense.

Dr. Bruno’s Response:

"A one-time muscle test in polio survivors can over grade us." I have said, "Polio survivors can do any activity once. Twice, maybe, but not as well. But three times? Broken bones." The poliovirus-damaged neurons may have enough "juice" to turn on a muscle once, maybe twice, but don't recover/refuel enough to do three or more repetitions of an activity, including a muscle test. So repetitive testing is REQUIRED to know what a polio survivor's muscle can really do.

Here's a good explanation of presbyesophagus. You can see how polio survivors muscle weakness could be a cause: <http://gitract.mngastro.com/.../patient.../MNGI-7YAT7A.html>

### On the topic of Medication Safety (11/12/2015)

Dr. Bruno's Original Post: We talk a lot about polio survivors and medications, doctor's ignorance and unwillingness to take time to explain side effects/interactions. Here's an article with graphics about meds and how your PHARMACIST is an untapped resource:

<http://www.safemedication.com/safemed/Safe-Medication-Use-at-a-Glance>

### On the topic of Mindfulness Meditation and Pain Management (11/12/2015)

Dr. Bruno's Original Post: Speaking of meditation: Mindfulness Meditation Better than Placebo in Pain Reduction! <http://www.newswise.com/articles/view/642931/?sc=mwhn>

Member's Post: Vipassana is the meditation method taught by the Buddha. It involves attending to parts of the body beginning with the top of the head and moving down to the toe especially and then back up again. The attitude is to regard the body without trying to change it. However I find that it reduces pain.

Dr. Bruno's Response: <http://www.vipassanadhura.com/whatis.htm>

### On the topic of Relaxation Recording Available until January 2<sup>nd</sup> (11/24/2015)

Dr. Bruno's Post: Maureen McGovern's "Two Breath Time Out" relaxation recording is available for only 1 cent for Coffee House members until January 2nd at Random Harvest E-Books

<http://www.postpolioinfo.com>



### On the topic of Hands Getting Weak (11/29/2015)

Original Post: I contacted polio in 1954 when I was two. It affected my legs and feet especially my right foot. I am having some post-polio symptoms. I never knew I had any trouble with my hands but recently I noticed my left hand has some muscle atrophy. Could this be from PPS?

Dr. Bruno's Response: Yes. Wasting in the web between the base of the thumb and index finger are common in polio survivors.

Additional Post: Is that why I am literally losing my grip? I first noticed when I was pulling weeds in the garden and couldn't grip tightly enough to pull the weed out.

Dr. Bruno's Response: It could be the cause of weakness when you are using the thumb to grab something.

Additional Post: Thanks Dr. Bruno, that explains a lot. I am a guitar player and had to give it up because I do not have the strength to press down the strings. That takes a lot of thumb strength.

Another Post: I took piano lessons after Polio and onward to strengthen my hands . . .doctor's orders. Now? I have that very piano, but have to limit my time playing because said hands are now weak!!

The circle happened...

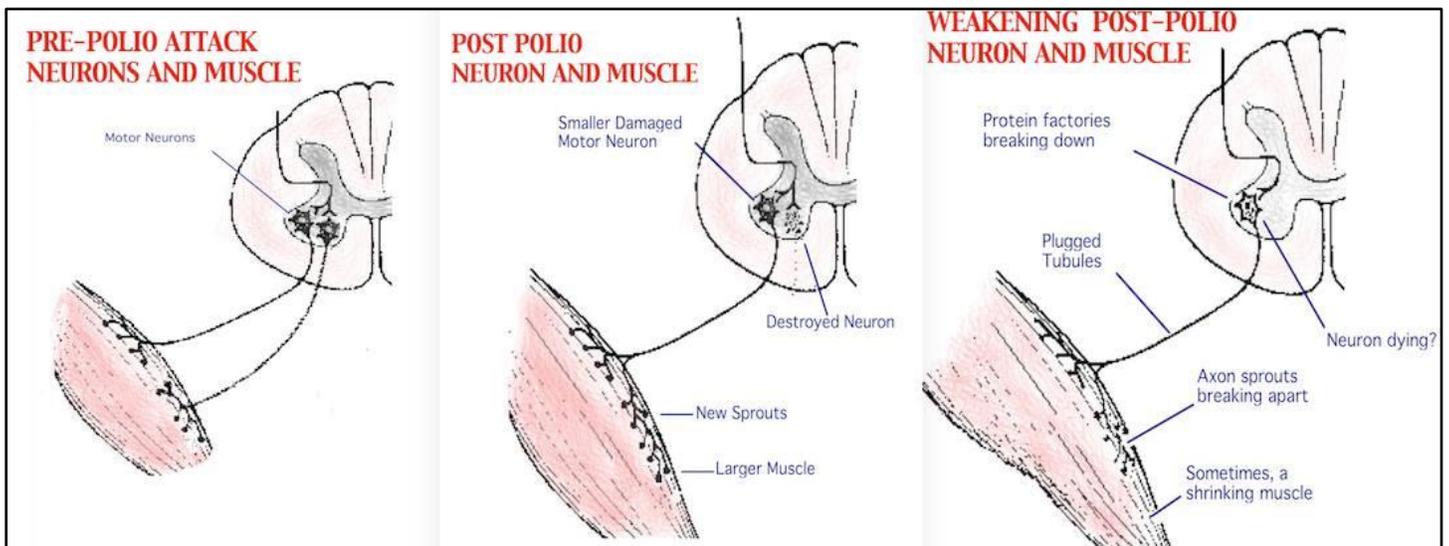
Another Post: I was so lucky, because my polio thumb and finger were the only noticeable evidence of my bout with polio. Over the years I learned to compensate for them. Unfortunately, that hand is now becoming pretty much useless.

Dr. Bruno's Response: Few polio survivors did strengthening exercises after polio so those little hand muscles didn't get stronger and tend to get weaker over time. It's hard NOT to use your hands!

### On the topic of Exercising to Build Polio Damaged Muscles (11/29/2015)

Original Post: I saw a doctor the other day because my legs are causing me so much pain and his answer was that I needed physical therapy to build up my leg muscles. I tried to explain that Polio had either damaged or destroyed the motor neurons to which he replied that this would make no difference and I could still rebuild my leg muscles. This is totally the opposite from what I was told by a Polio specialist so am now confused. I know that my legs are getting weaker and the more I use them the more they hurt. Any advice ?

Dr. Bruno's Response: Find another doctor! Suppose you are able to do enough PT to build up your leg muscles. When you have burned out the nerves so they no longer carry a signal to your muscles, and you are then in a wheelchair for the rest of your days, will those muscles be helpful?



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.