

Bruno Bytes INDEX (By Subject) - November 2014 through May 2017

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Topic	Bruno Byte	Month		
Acceptance	Crying	11/3/2014		
	Fear	6/15/2015		
	Mindfulness	11/5/2015		
	Persevering	1/3/2017		
	Pushing Yourself too Far	12/4/2014	5/13/2015	12/9/2015
		7/20/2016		
	Understanding the limitations of PPS	7/20/2016		
Anesthesia	Anesthesia	8/18/2015	8/21/2015	3/29/2016
		4/5/2016		
	Fasting	12/12/2015	12/29/2015	
	Local Anesthetic	8/18/2015		
	Sedation	4/5/2016		
	Warning Card, Anesthesia	8/18/2015	8/21/2015	3/29/2016
		4/5/2016		
Assistive Devices / Wheelchairs	AFO (Ankle-Foot Orthoses) vs KFO (Knee-Foot Orthoses)	4/18/2016	4/11/2017	
	Bi-Pap	4/11/2015	7/28/2015	9/6/2015
		1/10/2017		
	Brace(s)	4/6/2015	6/11/2016	9/2/2016
	Brace(s), Podiatrist	4/6/2015	6/11/2016	
	Canes	5/10/2016		
	Cough Assist	2/21/2017		
	CPAP	4/11/2015	5/28/2015	7/28/2015
		9/6/2015		
	Crutch, Single	2/18/2016	7/9/2016	4/11/2017
	Crutches, Forearm	2/18/2016	7/9/2016	4/11/2017
	Falling	1/24/2017		
	Functional Capabilities Evaluation for LTD	9/30/2015		
	In-Exsufflator	2/21/2017		
	Medical Alert Systems	1/5/2017		
Therapy Gloves	1/10/2017			
	Walking	7/15/2015	5/10/2016	

Bruno Bytes Index

	Wheelchair Bound	7/19/2015	12/8/2015	
	Wheelchair (and Equipment) "Scams"	3/28/2017		
	Wheelchairs, extra light & power folding	7/19/2015		
	Wheelchairs, Medicare Requirements	3/18/2017		
Bone	Bone Density medications	4/6/2017		
	Bone Formation	4/2/2017		
	Osteopenia (Bone loss)	11/7/2014		
	Osteoporosis	11/7/2014	2/6/2016	3/8/2016
		10/12/2016	11/10/2016	4/2/2017
	Osteoarthritis	1/23/2017		
	Stem Cell Therapy	1/31/2015		
Books	Square Pegs, Round Holes 'n' Pigeonholes	4/9/2015		
	The Polio Paradox	3/18/2017		
Bowel/Bladder	Blader Control	7/29/2015	12/6/2015	2/6/2016
		6/24/2016		
	Bladder Muscle Weakness	6/24/2016	1/12/2017	
	Constipation	3/28/2015	2/9/2016	5/7/2016
	Incontinance	2/6/2016	3/8/2016	1/12/2017
	Menopause, Depression during	3/30/2017		
	Parasympathetic Nervous System	10/8/2015		
	Urinary Frequency	7/29/2015	2/6/2016	
	Urinary Urgency	7/29/2015	2/6/2016	
D68 Enterovirus	D68 Enterovirus, strain	1/9/2015	3/31/2015	
Diagnosis	Adie's Tonic Pupil	7/31/2015		
	A-Fib (and sleep studies)	5/25/2017		
	ALS (Amyotrophic Lateral Sclerosis)	3/28/2016		
	Arthritis	1/23/2017		
	Barium Test	2/16/2015		
	Chronic Fatigue Syndrome	3/18/2017		
	Correct Diagnosis, Polio Paradox	6/24/2016		
	Dementia	4/11/2016	9/8/2016	
	Drop Foot	5/13/2015		
	EMG (Electromyography)	7/20/2015	8/25/2015	2/1/2016
		2/24/2016	2/8/2017	
	Gullian-Barre Syndrome	12/7/2015		

Bruno Bytes Index

	Lung Cancer	4/18/2016	5/12/2016	
	Paralysis	8/24/2015		
	"Polio Feet"	5/25/2017		
	Raynaud's Disease	1/10/2017		
	Summer Disease, Polio	5/13/2015	6/18/2015	
	Summer Grippe	5/13/2015		
	Undiagnosed Polio	5/13/2015	6/8/2016	
Diet	Building Stamina	3/29/2015		
	Butter consumption and Chronic Disease	6/30/2016		
	Fasting	12/12/2015	12/29/2015	
	Fluids	8/25/2015		
	Post-Polio Diet, Protein Power: Eat Well, Be Well	3/29/2015	7/20/2016	
	Protein, Daily amount	7/20/2016	12/6/2016	
Difficulties/Issues	Adie's Tonic Pupil	7/31/2015		
	Barium Test	2/16/2015		
	Blood Sugar issues	1/13/2015	1/17/2015	
	Breathing	10/29/2015	7/23/2016	
	Chest Congestion	2/21/2017		
	Choking	12/27/2016		
	Depression during Menopause	3/30/2017		
	Drinking, "Problem"	1/16/2017		
	Falling	1/24/2017		
	Hearing Issues, Susceptibility to	2/26/2015		
	Inflammation	12/4/2015		
	Paralysis	5/13/2015	8/24/2015	
	"Polio Foot" turning color	12/7/2016	5/25/2017	
	Sleep Disorders	9/1/2016	1/10/2017	4/2/2017
	Stomach	4/5/2015		
	Swallowing	3/28/2015	11/11/2015	2/26/2016
		7/23/2016	12/27/2016	
	Throat Paralysis	2/16/2015		
	Tracheotomy	12/27/2014		
	Upper Respiratory Issues and CO2	1/7/2016		
	Vision	12/27/2014	7/14/2016	
	Voice Issues	8/28/2015		

Bruno Bytes Index

	Walking	7/15/2015	5/10/2016	1/3/2017
Documentary	Post Polio Syndrome broadcast by the Canadian Broadcasting Corp.	1/23/2017		
Drug/Medication	Allergies, to medications	3/18/2017		
	Antibiotics	8/13/2015		
	Asking our Physicians about Medications	12/26/2016		
	Beta Blockers, sideeffects	3/2/2015		
	Blood Pressure, medications	3/19/2015	12/7/2016	
	Bone Density, medications	4/6/2017		
	Cardiac	12/7/2016		
	Corticosteroids (Drug class)	3/6/2015		
	Drug Plan	10/10/2016		
	Experimental drug for PPS "Brain" Fatigue	12/8/2016		
	Extended Release (ER) Drugs, FDA Approval	8/10/2015		
	FDA Guidelines	2/28/2016	3/15/2016	
	Flexeril (Cyclobenzaprine)	5/10/2015		
	Gabapetin (Neurontin)	2/28/2016	4/1/2016	
	Ibuprophen	5/15/2017		
	Klonopin (Clanzepam)	5/10/2015		
	Linzess (Linaclotide)	5/7/2016		
	Marijuana, medical	11/3/2014	2/28/2016	3/28/2016
		8/12/2016	10/12/2016	
	Osteoporosis medications	11/10/2016		
	Provigil (Modafinil)	7/13/2016		
	Prozac (Fluoxetine)	7/28/2016		
	Reactions, medication	2/19/2015	3/18/2017	
	Safety, drug	11/12/2015		
	Shots vs Pills, (Article)	1/5/2015		
	Side effects, drug	3/2/2015	2/28/2016	3/10/2016
	Sleep, Medications	8/6/2015	2/28/2016	4/28/2016
	Statin	12/4/2015	1/1/2016	1/12/2016
		2/28/2016	4/26/2016	
	Steroid Use	4/11/2017		
	Steroid hormones	3/6/2015		
	Using medications for PPS	7/13/2016	4/2/2017	
	Vitamin D	4/11/2017		

Bruno Bytes Index

	What your Pharmacist isn't telling you	8/12/2015		
Exercise	Activity Log, Keeping	1/16/2016		
	AFO (Ankle-Foot Orthoses) vs KFO (Knee-Foot Orthoses)	4/18/2016		
	Building Stamina	3/29/2015		
	Conserve to Preserve	12/4/2015		
	Disuse Atrophy, Muscle	12/11/2015	12/12/2015	2/24/2016
	Exercise, Blood Sugar issues	1/13/2015	1/17/2015	
	Exercise, Chronic Fatigue	3/19/2017		
	Exercising, Build Damanged Muscles	7/15/2015	9/30/2015	11/29/2015
	Home Health PT	10/7/2015	4/13/2016	
	How to exercise on our own	5/16/2017		
	Kegal exercises	1/12/2017		
	Limitations of PPS, understanding them	7/20/2016		
	Neither Exercise nor Psychotherapy reduce Fatigue	8/25/2015		
	Physical Therapy	10/7/2015	1/12/2017	
	Pushing Yourself too Far	12/4/2014	5/13/2015	12/9/2015
		7/20/2016		
	Sitting, exercise CD	9/30/2015		
	Walking	7/15/2015	5/10/2016	
Fatigue	Anemia	2/24/2015		
	"Brain" Fatigue, experimental drugs for	12/8/2016		
	Chronic Fatigue, and exercise	3/19/2017	3/18/2017	4/2/2017
	Fainting	4/25/2015		
	Fatigue	12/30/2014	2/24/2015	3/16/2015
		4/25/2015	5/1/2015	5/13/2015
		6/26/2015	8/13/2015	8/25/2015
		11/10/2015		
	Upper Arms, New pain and fatigue	6/28/2016		
FDA	Approval, Extended release (ER) Drugs	8/10/2015		
	Guidelines, painkillers/drugs	2/28/2016	3/15/2016	
	Regulating, Herbs & Spices	6/22/2015		
	Staying "Quiet" / Dangers	4/8/2015		
Fiction	Sir Arthur Clarke	3/15/2015		
Hands	Tremors	2/27/2016		
	Weak, hands	11/29/2015		

Bruno Bytes Index

Healthcare	529 Accounts and tax free savings	5/6/2016		
	Directory, "Good Doc"	4/5/2015		
	Disability Deductions	12/19/2014	3/5/2015	4/9/2015
		4/6/2017		
	Drug Plan	10/10/2016		
	Dry Needling Physical Therapy	2/25/2015		
	Home Health PT	10/7/2015	4/13/2016	
	IRS Deductions	12/19/2014	3/5/2015	4/9/2015
		5/6/2016	4/6/2017	
	Long Term Care	12/19/2014	7/14/2016	
	Long Term Disability, collecting	12/19/2014	12/20/2014	3/5/2015
		9/30/2015		
	Medicare, appropriate Treatment	12/19/2014	3/5/2015	10/7/2015
		4/13/2016	1/10/2017	
	Medicare Denials, "Failure" to Improve	9/13/2016		
	Medicare Requirements, for Power Wheelchairs	3/18/2017		
	Pediatricians can help stop Polio, How	12/30/2014		
	Physical Therapy	10/7/2015		
	Social Security	12/19/2014	2/5/2017	
	What your Pharmacist isn't telling you	8/12/2015		
Legs	AFO (Ankle-Foot Orthoses) vs KFO (Knee-Foot Orthoses)	4/18/2016		
	Drop Foot	5/13/2015		
	Good Leg	5/1/2016		
	Knee Pain	1/5/2015	10/27/2015	
	Numbness, Leg	12/11/2015		
	"Polio Foot" turning color	12/7/2016	5/25/2017	
	Restless Legs	1/5/2015	8/21/2015	12/11/2015
		4/1/2016	9/1/2016	
	Twitching	1/5/2015	8/21/2015	12/11/2015
		4/1/2016		
	Walking	7/15/2015	5/10/2016	
Lungs	Chest Congestion	2/21/2017		
	Lung Cancer	4/18/2016	5/12/2016	
	Pulmonary Embolism (PE, lung embolism)	2/4/2016		
	Upper Respiratory Issues and CO2	1/7/2016		

Bruno Bytes Index

Medical	Autopsy	12/11/2015		
	Blood	11/1/2014	1/31/2015	2/24/2015
		3/30/2015	11/3/2015	5/12/2016
	Brain	11/1/2014	4/1/2015	11/3/2015
		12/12/2015	12/29/2015	7/13/2016
		7/23/2016		
	Cerebral Palsy and Polio, the difference	5/23/2016		
	Directory, "Good Doc"	4/5/2015		
	Errors, Medical	5/3/2016		
	Hormones	11/1/2014	11/3/2015	
	Neuron Function	12/12/2015	12/29/2015	8/11/2016
		10/12/2016		
	Neurons, regenerating in Polio Survivor	8/11/2016		
	Parasympathetic Nervous System	10/8/2015		
	Transverse Myelitis; "Polio Like" illness	4/25/2016		
Medical Doctor	David Bodian - Medical scientist and teacher - Salk and Sabin polio vaccines	6/30/2016		
	Extended release (ER) Drugs	8/10/2015		
	Inactivated Sabin Vaccine	2/6/2015		
Muscle	Cerebral Palsy and Polio, the difference	5/23/2016		
	Cramps, Muscle	8/25/2015	10/20/2015	12/11/2015
		12/12/2015	2/24/2016	4/20/2016
	Disuse Atrophy, Muscle	12/11/2015	12/12/2015	2/24/2016
	EMG (Electromyography)	7/20/2015	8/25/2015	2/1/2016
		2/24/2016		
	Motor Neurons and Brain Stem Deterioration	12/29/2015		
	Pain, Muscle	5/8/2015	9/26/2015	10/24/2015
		11/3/2015	12/4/2015	
	Spasms, Muscle	10/20/2015	12/11/2015	12/12/2015
		2/24/2016	4/20/2016	
	Tone Loss, Muscle	11/29/2015	12/11/2015	12/12/2015
		9/2/2016		
	Weakness, Muscle	5/13/2015	12/7/2015	6/30/2016
	Which muscles were affected by Polio	5/17/2017		
Nervous System	Gullian-Barre Syndrome	12/7/2015		

Bruno Bytes Index

	Parasympathetic Nervous System	10/8/2015		
Non-Paralytic Polio	Summer "Grippe"	5/13/2015		
Oxygen	Breathing	10/29/2015	7/23/2016	
	Fainting	4/25/2015		
	Pulmonary Embolism (PE, lung embolism)	2/4/2016		
	Walking	7/15/2015	5/10/2016	
	Upper Respiratory Issues and CO2	1/7/2016		
	Oxygen use vs. BiPap	4/11/2015	7/28/2015	9/6/2015
		1/10/2017		
	Oxygen, too much	4/11/2015		
	CPAP	4/11/2015	5/28/2015	7/28/2015
		9/6/2015		
Pain	Back	11/7/2014	2/6/2016	3/8/2016
	High Threshold	10/24/2015		
	Joint pain	6/24/2016		
	Knee	1/5/2015	10/27/2015	
	Leg	1/5/2015	5/13/2015	
	Lower Back	5/13/2015	8/18/2015	10/24/2015
		11/3/2015	3/16/2016	
	Management, Meditation	11/12/2015		
	Muscle	5/8/2015	9/26/2015	10/24/2015
		11/3/2015	12/4/2015	
	Neck	8/18/2015	7/14/2016	
	Polio Survivors and Pain	3/26/2017		
	Pressure Pain	3/2/2015		
	Rib Cage	10/24/2015	11/3/2015	2/26/2016
	Shots vs Pills, (Article)	1/5/2015		
	Upper Arms, New pain and fatigue	6/28/2016		
Pain Management / Pain Relief	Anesthesia	8/18/2015	8/21/2015	3/29/2016
		4/5/2016		
	Meditation	11/12/2015		
	Non-Opioid, relief	6/13/2016		
	TENS Unit (Transcutaneous Electrical Nerve Stimulation)	9/26/2015		
Paralysis	D68 Enterovirus, Paralysis	1/9/2015	3/31/2015	
	Paralysis	5/13/2015	8/24/2015	

Bruno Bytes Index

	Paralysis, Throat	2/16/2015		
Polio	Brain Tumor, Cure	4/1/2015	12/12/2015	12/29/2015
	Bulbar Polio (Brainstem)	12/12/2015	12/29/2015	7/13/2016
		7/23/2016		
	Cancer Cells	5/12/2016		
	Cerebral Palsy and Polio, the difference	5/23/2016		
	Eradicate Polio, New Science	1/20/2017		
	Fear	6/15/2015		
	Getting Polio from the Vaccine in 1955	12/27/2014	2/22/2015	
	History	5/13/2015		
	Neurons, regenerating in Polio Survivor	8/11/2016		
	Non-Paralytic Polio	5/13/2015		
	"Old" Polio and EMG	10/11/2016		
	Outbreaks in US	4/27/2015	7/16/2015	
	Paradox, Polio	12/16/2014	6/24/2016	
	Parkinson's Like Symptoms	3/11/2016		
	Pediatricians can help stop Polio, How	12/30/2014		
	Polio	5/13/2015		
	"Polio Foot" turning color	12/7/2016	5/25/2017	
	"Polio Like" mysterious disease	11/4/2016		
	"Polio Like" Virus	10/6/2016		
	Polio Survivors and Pain	3/26/2017		
	Polio Survivors having PTSD	11/13/2016		
	Polio Survivor having Surgery	11/7/2016		
	Polio Virus	5/12/2016		
	Spinal Polio (Spinal cord)	7/13/2016	7/23/2016	
	Summer Disease, Polio	5/13/2015	6/18/2015	
	Survivors and Osteoporosis	6/16/2016		
	Transverse Myelitis; "Polio Like" illness	4/25/2016		
	Type	5/13/2015	7/13/2016	7/23/2016
	Type 1, Epidemic virus	5/13/2015		
	Type 2	5/13/2015	1/1/2017	
	Undiagnosed Polio	5/13/2015	6/8/2016	
	Wild Polio	4/27/2015	7/16/2015	
Polio and Chronic Fatigue	Polio-Chronic Fatigue Link Explored	5/13/2015		

Bruno Bytes Index

	Chronic Fatigue and Exercise	3/19/2017		
	Chronic Fatigue, Getting it Wrong	3/18/2017	4/2/2017	
Polio Survivors	Cardinal Edward Egan	3/10/2015		
	Polio survivors	9/30/2015	4/19/2016	11/7/2016
	Polio Survivors and Pain	3/26/2017		
	Polio Survivors having PTSD	11/13/2016		
	Sir Arthur Clarke, Fiction writer	3/15/2015		
	"testing" the limits	5/21/2017		
Post Polio Syndrome (PPS)...and	Anesthesia	12/15/2016		
	Arthritis	1/23/2017		
	Bladder Muscle Weakness	6/24/2016	1/12/2017	
	"Brain" Fatigue, experimental drugs for	12/8/2016		
	Cardinal Edward Egan	3/10/2015		
	CFS/ME and was it <i>Really</i> Polio	12/29/2016		
	Constipation and PPS	3/28/2015	2/9/2016	5/7/2016
		6/11/2016		
	Corticosteroids and Polio Survivors, NIH Study	3/6/2015		
	Dementia and PPS	4/11/2016	9/8/2016	
	Diet, Protein Power: Eat Well, Be Well	3/29/2015	7/20/2016	
	EMG and PPS	7/20/2015	8/25/2015	2/1/2016
		2/24/2016		
	Existence, The truth of PPS	1/3/2015		
	Hearing Issues, Susceptibility to	2/26/2015		
	High blood pressure	3/19/2015	6/12/2016	
	Homeopathic remedies	6/13/2016		
	Inflammation, Post-Polio Sequelae	12/4/2015		
	Intravenous Immunoglobulin (IVIG) treating PPS	3/23/2015		
	Joint pain	6/24/2016		
	Limitations of PPS, understanding them	7/20/2016		
	Lung Cancer and PPS	4/18/2016	5/12/2016	
	Medications for PPS,using	7/13/2016		
	Mild case of Polio and PPS	4/17/2016		
	Mild case of Polio and PPS	4/17/2016		
	Neuropathy	10/12/2016		
	Pain	5/13/2015		

Bruno Bytes Index

	Paralysis	5/13/2015	8/24/2015	
	Polio	3/10/2015	5/13/2015	
	Post Polio Sequale	3/25/2015		
	Protein for Polio Survivors, Daily amount	7/20/2016	12/6/2016	
	Raynaud's Disease	1/10/2017		
	Risk Factors	9/11/2016		
	Sequalae	2/5/2017		
	Sir Arthur Clarke	3/15/2015		
	Sleep Characteristics and PPS	9/1/2016	4/2/2017	
	Sleep Medications, Post-Polio	8/6/2015	2/28/2016	4/28/2016
	Stem Cells curing PPS	6/23/2016		
	Survivors that get PPS, Percentage	10/22/2015		
	United Kingdom, PPS in the	2/7/2017		
	Voice Issues and PPS	8/28/2015		
Procedure	ACTH blood test	11/1/2014	11/3/2015	
	ACTH stimulation test	11/1/2014	11/3/2015	
	Anesthesia	8/18/2015	8/21/2015	3/29/2016
		4/5/2016	12/15/2016	
	Barium Test	2/16/2015		
	Blood Test, Antibodies	3/30/2015	12/12/2015	12/29/2015
	Electrolyte Panels	3/26/2015		
	EMG (Electromyography)	7/20/2015	8/25/2015	2/1/2016
		2/24/2016	10/11/2016	2/8/2017
	Fasting	12/12/2015	12/29/2015	
	Hip Replacement, Steroid injections	3/3/2016	4/25/2017	
	Intravenous Immunoglobulin (IVIG) treating PPS	3/23/2015		
	Knee Replacement	1/5/2015	10/27/2015	4/25/17
	Local Anesthetic	8/18/2015		
	Sedation	4/5/2016		
	Sleep Study	1/10/2017	5/25/2017	
	Spinal Fusion	8/18/2015		
	Stem Cell Therapy	1/31/2015		
	Surgery	2/28/2015	6/15/2015	2/13/2016
		11/7/2016		
	Tracheotomy	12/27/2014	4/19/2016	

Bruno Bytes Index

Researcher	Albert Sabin	5/13/2015		
Scam Alert(s)	Power wheelchair (and Equipment)	3/28/2017		
Science	Eradicate Polio, New Science to	1/20/2017		
Side effects	Beta Blockers	3/2/2015	2/28/2016	3/10/2016
	High blood pressure	3/19/2015	6/12/2016	
	Reactions, medication	2/19/2015	3/18/2017	
Spine/Back	Cerebral Palsy and Polio, the difference	5/23/2016		
	Chiropractic Care	12/18/2015		
	Lower Back	5/13/2015	8/18/2015	10/24/2015
		11/3/2015	3/16/2016	
	Motor Neurons and Brain Stem Deterioration	12/29/2015		
	Neuron Function	12/12/2015	12/29/2015	10/12/2016
	Osteopenia (Bone loss)	11/7/2014		
	Osteoporosis	11/7/2014	2/6/2016	3/8/2016
		6/16/2016	11/10/2016	4/2/2017
	Spinal Cord Stimulator Therapy	3/5/2015		
	Spinal Fusion	8/18/2015		
	Spinal Polio (Spinal cord)	7/13/2016	7/23/2016	
	Spinal Stenosis (narrowing)	3/23/2016		
	Sway Backed	3/2/2015		
	TENS Unit (Transcutaneous Electrical Nerve Stimulation)	9/26/2015		
	Transverse Myelitis; "Polio Like" illness	4/25/2016		
Study	Depression during Menopause	3/30/2017		
	NIH Study of Polio Survivors and Corticosteroids	3/6/2015		
	Post-Polio Brain Fatigue	6/30/2016		
Supplements	Anti-inflammatory, Herbals	12/4/2015	5/19/2016	
	Calcium	3/17/2015		
	Coenzyme Q-10	12/22/2015		
	FDA Regulating, Herbs & Spices	6/22/2015		
	Herbals	6/22/2015	5/19/2016	
	Homeopathic remedies and PPS	6/13/2016		
	Omega 3	2/3/2015		
	Plant-Based Polio Booster	7/23/2016		
	Protein for Polio Survivors, Daily amount	7/20/2016	12/6/2016	
	Vitamin D	4/11/2017		

Bruno Bytes Index

Symptoms	Adie's Tonic Pupil	7/31/2015		
	Anemia	2/24/2015		
	Body Thermostat, Cold	11/7/2014	10/20/2015	12/13/2015
		7/1/2016	1/10/2017	
	Body Thermostat, Hot/warm	10/20/2015	7/1/2016	
	Breathing, issues	10/29/2015	7/23/2016	
	Cellulitis	5/28/2015		
	Constipation	3/28/2015	2/9/2016	5/7/2016
	Depression during Menopause	3/30/2017		
	Energy, Lack of	3/15/2017		
	Fainting	4/25/2015		
	Fatigue	12/30/2014	2/24/2015	3/16/2015
		4/25/2015	5/1/2015	5/13/2015
		6/26/2015	8/13/2015	8/25/2015
		11/10/2015	3/19/2017	4/2/2017
	Flu like	5/13/2015		
	Hand Tremors	2/27/2016		
	Hands, Weak	11/29/2015		
	High blood pressure	3/19/2015	6/12/2016	
	Inflammation	12/4/2015		
	Leveling Off, symptoms	10/24/2015		
	Muscle, Weakness	5/13/2015	12/7/2015	6/30/2016
	Numbness, Leg	12/11/2015		
	Parkinson's Like Symptoms	3/11/2016		
	Pressure Sores	3/2/2015	7/29/2015	
	PTSD	3/26/2015	11/13/2016	
	Restless Legs	1/5/2015	8/21/2015	12/11/2015
		4/1/2016		
	Sprains, Strains and Tears	2/27/2017		
	Stiff Neck	5/13/2015		
	Stomach, issues	4/5/2015		
	Stress	11/1/2014	11/3/2015	
	Swallowing, difficulties/issues	3/28/2015	11/11/2015	2/26/2016
		7/23/2016		
	Sway Backed	3/2/2015		
	Throat Paralysis	2/16/2015		

Bruno Bytes Index

	Tingling	12/7/2015		
	Transverse Myelitis; "Polio Like" illness	4/25/2016		
	Twitching	1/5/2015	8/21/2015	12/11/2015
		4/1/2016		
	Vertigo	7/14/2016		
	Vision, issues	12/27/2014	7/14/2016	
	Weakness, "good" leg	5/1/2016		
Therapy	Bi-Pap	4/11/2015	7/28/2015	9/6/2015
		1/10/2017		
	Chiropractic Care	12/18/2015		
	CPAP	4/11/2015	5/28/2015	7/28/2015
		9/6/2015		
	Directory, "Good Doc"	4/5/2015		
	Dry Needling, Physical Therapy	2/25/2015		
	Home Health PT	10/7/2015	4/13/2016	
	Home Therapy	4/25/2017		
	Meditation	11/5/2015	11/12/2015	
	Mindfulness	11/5/2015		
	Napping	12/30/2014		
	Neither Exercise nor Psychotherapy reduce Fatigue	8/25/2015		
	Physical Therapy	2/25/2015	10/7/2015	1/12/2017
	Spinal Cord Stimulator Therapy	3/5/2015		
	Strengthening	5/13/2015		
	Walking	7/15/2015	5/10/2016	
Throat	Lung Cancer	4/18/2016	5/12/2016	
	Neck Pain	7/14/2016		
	Paralysis, Throat	2/16/2015		
	Swallowing	3/28/2015	11/11/2015	2/26/2016
		7/23/2016		
	Swallowing, difficulties/issues	3/28/2015	11/11/2015	2/26/2016
		7/23/2016		
	Tracheotomy	12/27/2014	4/19/2016	
	Voice Issues and PPS	8/28/2015		
Type	Bulbar Polio (Brainstem)	12/12/2015	12/29/2015	7/13/2016
		7/23/2016		

Bruno Bytes Index

Articles	Link to Article	Date
When Ike Trusted a New Vaccine	http://www.newyorker.com/news/daily-comment/ike-trusted-new-vaccine	2/4/2015
529 Accounts allowing tax free savings for the Disabled	http://www.nytimes.com/2015/01/28/business/special-savings-accounts-for-disabled-people.html?_r=0	5/6/2016
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ACTH (adrenocorticotrophic hormone) and Stress	http://postpolioinfo.com/library/nyas.pdf	11/3/2015
ACTH (adrenocorticotrophic hormone) and Stress	http://postpolioinfo.com/library/eegpro.pdf	11/3/2015
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An interesting Study on Restless Legs and PPS	http://www.postpolioinfo.com/library/grm.pdf	1/5/2015
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Bruno Bytes Index

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Cold Hands	http://www.therapygloves.com/newsletters/2014-Oct-24.html	11/7/2014		
Collecting long term disability	http://postpolioinfo.com/ssdisability2.php	12/20/2014		
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Creating a 'Good Doc' Directory	http://postpolioinfo.com/library.php	4/5/2015		
Creating a 'Good Doc' Directory	http://www.postpolioinfo.com/letter.php	4/5/2015		
Credit for the Elderly or the Disabled	https://www.irs.gov/pub/irs-pdf/p524.pdf	4/6/2017		
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Drug Ads	http://www.nytimes.com/2016/02/28/sunday-review/ask-your-doctor-if-this-ad-is-right-for-you.html?_r=0	2/28/2016		
Drug Plan	http://www.goodrx.com/	10/10/2016		
Drug Side Effects	http://www.drugs.com/sfx/	3/10/2016		
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Extra Light, POWER Folding Wheelchairs	http://www.foldablewheelchairs.com/	7/19/2015		
Fasting and Neuron Function	http://www.collective-evolution.com/2015/12/11/neuroscientist-shows-what-fasting-does-to-your-brain-why-big-pharma-wont-study-it/	12/12/2015		
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FDA Regulating Herbs & Spices	http://www.nytimes.com/aponline/2015/06/17/us/politics/ap-us-bogus-supplements-seniors.html?_r=0	6/22/2015		
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Fear	http://www.papolionetwork.org/how-do-we-live-with-it.html	6/15/2015		
Fear of Surgery	http://www.postpolioinfo.com/lib_surgical.php	2/13/2016		
Forearm Crutches	www.fetterman-crutches.com	2/18/2016		

Bruno Bytes Index

Functional Capabilities Evaluation for Long Term Disability	http://www.ehow.com/info_7778411_functional-capacity-evaluation.html	9/30/2015		
Getting Polio from the Vaccine in 1955	http://time.com/3714090/salk-vaccine-history	2/22/2015		
Getting the Wild Polio Virus	http://www.cdc.gov/vaccines/vpd-vac/polio/	4/27/2015		
Giving an Anesthesia Warning Card to Your Doctor	http://www.pospolioinfo.com/lib_surgical.php	3/29/2016		
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Kegal Exercises	http://www.lifescrypt.com/health/centers/oab/tips/what_are_kegal_exercises.aspx#sthash.XZX5D6xF.dpuf	1/12/2017		
Local Anesthetic for a Spinal Fusion	http://www.postpolioinfo.com/lib_surgical.php	8/18/2015		
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Marijuana and Osteoporosis	http://www.independent.co.uk/news/science/cannabis-marijuana-thin-bones-osteoporosis-lower-weight-munchies-a7357056.html	10/12/2016		
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Medical Errors	http://www.bloomberg.com/news/articles/2016-05-03/medical-errors-are-the-third-leading-cause-of-death-study-finds	5/3/2016		
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Bruno Bytes Index

Medicare Coverage for Home Health PT	http://www.cms.gov/regulations-and-guidance/guidance/transmittals/downloads/r179bp.pdf	4/13/2016		
Medicare Denials, "Failure" to Improve	http://www.nytimes.com/2016/09/13/health/medicare-coverage-denial-improvement.html?ref=todayspaper&_r=0	9/13/2016		
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Medications for "Bowel" issues	http://postpolioinfo.com/library/SlowGuts.pdf	5/7/2016		
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Mindfulness Meditation Helping Pain Issues	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	11/5/2015		
<u>Neither Exercise nor Psychotherapy reduce fatigue in Polio Survivors</u>	http://nnr.sagepub.com/content/early/2015/08/12/1545968315600271.abstract	8/25/2015		
New FDA Guidelines for Painkillers	http://www.nytimes.com/2016/03/16/health/cdc-opiod-guidelines.html?ref=health&_r=1&login=email	3/15/2016		
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Osteoporosis and Osteopena	www.shf.ac.uk/FRAX	11/7/2014		
Osteoporosis and Osteopena	http://www.nhlbi.nih.gov/.../educ.../lose_wt/BMI/bmicalc.htm	11/7/2014		
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Oxygen use vs Bi-Pap	www.doctorbach.com	9/6/2015		
Physical Therapy and Medicare	http://www.medicare.gov/coverage/pt-and-ot-and-speech-language-pathology.html	10/7/2015		
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Bruno Bytes Index

"Polio Like" Virus	http://www.cdc.gov/	10/6/2016		
Polio Survivors and being "Type A"	http://www.cnn.com/2015/05/27/health/type-a-personality/index.html	5/28/2015		
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Polio Survivors and Tracheostomies	http://www.doctorbach.com	4/19/2016		
Polio Survivors and Tracheostomies	http://www.papolionetwork.org/living-with-post-polio-syndrome.html	4/19/2016		
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Post-Polio Fatigue	http://www.postpolioinfo.com/library/bromo.pdf	6/25/2015		
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Post Polio Syndrome	http://www.cbc.ca/archives/entry/post-polio-syndrome-the-sequel	1/23/2017		
PPS and Lung Cancer	http://www.doctorbach.com	4/18/2016		
PPS and Lung Cancer	http://after-cancer.info/2014/08/26/cancer-polio-and-other-conditions/	4/18/2016		
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Problem Drinking in Older Adults	http://www.newswise.com/articles/view/667556/?sc=mwhnmultiple	1/16/2017		
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Side Effects of Beta Blockers	http://www.postpolioinfo.com/library/CardiacDrugs.pdf	3/2/2015		
Significant Fatigue	http://postpolioinfo.com/vampire.php	11/10/2015		

Bruno Bytes Index

Sir Arthur Clarke	http://www.thedailybeast.com/articles/2015/03/14/inside-arthur-c-clarke-s-mysterious-world.html	3/15/2015		
Spinal Cord Stimulator Therapy	http://www.webmd.com/pain-management/news/20100510/electrical-stimulation-may-ease-back-pain?page=2	3/5/2015		
Sprain, Strain and Tears	http://www.newswise.com/articles/view/670046/?sc=mwhn	2/27/2017		
Square Pegs, Round Holes 'n' Pigeonholes	RandomHarvestBooks.com	4/9/2015		
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steroid Use	http://www.bmj.com/content/357/bmj.j1415	4/13/2017		
Summer Grippe	http://www.postpolioinfo.com/library/npp.pdf	5/13/2015		
Swallowing Difficulties	http://www.europeanpolio.eu	2/26/2016		
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Treating Incontinence in Women with Osteoporosis	http://well.blogs.nytimes.com/2016/02/24/treating-incontinence-in-women-with-osteoporosis/?emc=eta1	1/12/2017		
Tummy Issues	http://postpolioinfo.com/library/SlowGuts.pdf	4/5/2015		
Type 2 Polio Virus Strain Can Cause More Damage Than Before, But How? Has The Virus Evolved?	http://www.itechpost.com/articles/73510/20170111/oh-type-2-polio-virus-strain-cause-more-damage-before.htm	1/17/2017		
United Kingdom, PPS in the	http://www.kentonline.co.uk/medway/news/polio-plight-in-the-commons-120165/	2/7/2017		
Unvaccinated Children	http://www.nytimes.com/2015/08/28/us/unvaccinated-children-called-a-threat.html?_r=0	8/27/2015		
Viruses Damaging the Intestines	http://neurosciencenews.com/constipation-herpes-spinal-cord-4412/	6/11/2016		
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Walking More	http://www.papolionetwork.org/how-do-we-live-with-it.html	7/15/2015		

Bruno Bytes Index

What You Can Deduct as a Medical Expense	https://www.irs.gov/pub/irs-pdf/p907.pdf	4/6/2017		
What your Pharmacist isn't telling you	http://www.goodrx.com/blog/7-things-your-pharmacist-isnt-telling-you/	8/12/2015		
When Ike Trusted a New Vaccine	http://www.newyorker.com/news/daily-comment/ike-trusted-new-vaccine	2/4/2015		
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