



Polio Survivors Serving Others

Information & Inspiration
For All Polio Survivors and Their Families

The PA Polio Network

www.polionetwork.org

February 2024

Our Mission:

To Be in Service Providing Information to Polio Survivors, Post Polio Support Groups, Survivor's Families and their Caregivers.

Inside this Issue:

Hanging Up the Car Keys: When is it time to give up that precious gift of independence?

Primary Care Physician, Marny K. Eulberg, MD has some clear guidelines that can help.

"I Don't Care": Are those three little words that you find yourself wanting to use? In her own, "Millie" style, survivor Millie Malone Lill has a lot to say about those three little words. "The world will keep on twirling whether you are happy or unhappy. It's up to you to have a good life. No one can make you happy or unhappy. That is always an inside job."

Polio Survivors and PTSD: How common is it? Richard L. Bruno, HD, PhD explains that many of their patients at the Post-Polio Institute have had very powerful memories of abuse and terror while hospitalized as children but that doesn't necessarily mean they have PTSD.

Scams by Phone or Online: Sometimes, they can be difficult to detect. The Better Business Bureau has some ideas on what these are and how to make decisions to avoid them.

When You Look Back, What Do You See? Carol Potts Clewley Todd was only eight when she discovered she couldn't move anything except one eyelid. She couldn't breathe, swallow, talk or cry. Carol is able to look back and see life's miracles.



As we enter our tenth year, we realize how blessed we are to have met and worked with so many of you personally. Our mission of service has never changed.

Known as the PA Polio Network (PPSN), we work with many professionals providing valuable information to help educate and spread awareness about the late effects of the poliovirus, and the importance of being vaccinated against this terrible disease. We serve others all across the globe. Founded in 2014, we continue to work by the first line of our Mission Statement:

"To Be in Service Providing Information to all Polio Survivors, Post-Polio Support Groups, Survivor's Families and their Caregivers"

Our working team has one priority - the Mission Statement above. Our only priority is our mission to "Be in Service". The professionals who support our work generously give of their time and talents and share one important characteristic - they all have the "heart of a teacher".

continued . . .



Our new website serves this mission: www.polionetwork.org.

The Primary Headers across the top will give you access to more than 900 articles & videos. Various subjects of information are available under each:

[Post-Polio Syndrome](#) [Professionals](#) [Polio](#) [Articles/Resources](#) [Our Advocacy](#)

Each page has a Search Bar that will search the entire website.

Of equal importance is the Index/Category button.

All topics on that page are listed alphabetically making it easy to find what you are looking for.

INDEX/CATEGORIES

“Post-Polio Syndrome” Categories:

- [Anesthesia Warning and Symptom Information](#),
- [A Guide to PPS Healthcare Providers](#)
- [Information for Healthcare Providers & Caregivers](#)
- [Living with Post-Polio Syndrome](#)
- [What IS Post-Polio Syndrome?](#)

“Professionals”: Biographies of and access to the Articles and Videos by:

- [Richard L. Bruno, HD, PhD](#)
- [William M. DeMayo, MD](#)
- [Marny K. Eulberg, MD](#)
- [Daniel J. Wilson, PhD](#) and
- [Many other Contributors](#) (listed alphabetically).

“Polio”: Categories include articles and videos on the topics of:

- [Eradication](#),
- [Vaccination](#)
- [Polio History](#)

“Articles/Resources”: Categories have Articles and Videos on the topics of:

- [Book Reviews](#),
- [Bruno Bytes](#) (Richard L. Bruno, HD, PhD),
- [DeMayo’s Q&A Clinic](#), (Rehabilitative Physician, William M. DeMayo, MD),
- [Encyclopedia of Polio and PPS](#) (Richard L. Bruno, HD, PhD),
- [Primary Care Perspective](#) (Primary Care Physician, Marny K. Eulberg, MD),
- [Survivor Stories](#) (from all over the US and abroad),
- Our [Newsletter Archive](#),
- [Team Survivor](#) and
- Our [Outside Resources](#)

See Page 13 for more information.



Three Little Words

by Millie Malone Lill



Those three little words that make life so much better. Nope, not the ones you probably thought of, not I Love You. Those words are wonderful, but the ones I'm talking about are "I Don't Care".

Those are three of the most powerful words in the English language. For instance, remember when you were young and had to wear those ugly shoes and the even uglier brace or braces? Had we only known those magic words, our lives would have been so much easier.

Think about it. Did hating them, pouting about them, risking punishment by refusing to wear them actually change anything? Not in my case, for sure. I had to wear them whether I liked it or not. If I had only had access to the Magic Phrase of "I Don't Care", I'd have been a much happier kid.

Were you bullied as a kid? Made to feel "less than?" Facing the bullies with a big fat "I Don't Care" would have taken the wind and most of the fun out of their bullying. It might not have completely stopped the bullying, but if there is no reaction to the taunts, the bullies soon lose interest. To go in a different direction, suppose your kid has dropped a carton of eggs on the floor. You could yell at him/her and make him/her cry, but guess who is still going to clean up the mess. You can just say "I Don't Care" and clean it up or have a fit about it, upset your child and you still have to clean it up.

You can sit in your lonely space feeling sorry for yourself because it's a holiday and you were not invited to a party or you can think "I Don't Care" and do something fun for yourself. Feeling bad is not going to make you any more welcome at that party than if you just don't care, in fact a mopey face is generally going to make you even less welcome.

Pick up that book you have been wanting to read but hadn't had time to do so. Now's your chance. There is absolutely no defense against that powerful phrase. It is a shield the likes of no other. It can be whipped out at a moment's notice or put away for a better occasion. It's OK to care, don't get me wrong, but if your caring or not caring is not going to make a difference either way, why let it upset you? You can hate winter or not, but part of the year will be spent in winter anyway.

The world will keep on twirling whether you are happy or unhappy. It's up to you to have a good life. No one can make you happy or unhappy. That is always an inside job.

So care about the things and people you love. Care about things you enjoy. Just don't waste your time caring about things that matter very little in the long run. If you can fix it, fix it. If you can't, just go on doing what you can and caring about the important stuff.

In his review of Millie's book: "[Square Pegs, Round Holes 'n' Pigeonholes](#)" Richard L. Bruno, HD, PhD described her as the "Mark Twain of polio survivors, with her combination of mid-western charm and razor-sharp wit".

Millie Malone Lill writes regularly for the Polio Perspective.

Polio Survivors and PTSD

[Richard L. Bruno, HD, PhD](#)

Director, International Centre for Polio Education



Question: For some unknown reason, I just had a flashback to when I had polio. I had a mild case. But, as a child I had surgery on both feet to correct some serious problems *not* related to polio. I was confined to bed during recovery and the only way I could get around was crawling or someone helping me transfer to a wheelchair. At night lying in bed, I started panicking about what would happen if the house caught fire and I could not get out. I can't have been the only survivor who has had that feeling.

When I started teaching, I was always aware of how to get my students out; no matter where I am I always check to see 'how to get out'. It isn't a major disruption in my activities, but I am becoming more aware again of being in places where, if I am on crutches, I could take a fall or not be able to get through, like when people put chairs in the aisles and block exits.

Last week, I became “unglued” when our church set up chairs, and there was only one aisle for everyone to use. I wonder how many of us have PTSD that goes back to when we were incapacitated, abused and felt trapped?

Dr. Bruno's Response I'm sorry you have had frightening emotional and physical experiences triggering flashbacks and fears. Our research and experience since 1982 treating polio survivors reveal that those disabled as children (especially if they were hospitalized and neglected or abused by staff) are nearly universally afraid of fire or being trapped.

Many of our patients have very powerful memories of abuse and the terror of, things like:

- being thrown into a pool as "physical therapy,"
- being burned by boiled woolen "Sister Kenny" hot packs,
- being strapped in their beds and punished if they dared cry in the ward at night,
- and even the horror of sexual abuse.

It's no wonder that participants in our 1995 International Post-Polio Survey who were hospitalized reported 34% more physical abuse and 94% more emotional abuse than did individuals without disabilities. Looking back, I believe that the high rate of refusal to comply with or even start the Post-Polio Institute treatment program in the 1980s was a direct response to fear and shame of publicly being seen as a polio survivor and again being subject to physical and emotional abuse.

Fortunately, very few of our patients have flashbacks and, perhaps surprisingly, we never have had a patient who even came close to meeting the criteria for PTSD (see below). PTSD is diagnosed not by the presence of a few incidental symptoms, but requires:

. . . at least **6 specific and recurring symptoms** that ***persist for more than 1 month and cause clinically significant distress or impairment*** in social, occupational, or other important areas of functioning.

Your fear of being trapped and flashbacks of childhood experiences are disturbing but fortunately (based on what you have explained) don't meet the criteria for PTSD.

continued . . .

Recently a new diagnosis has been proposed: "Complex PTSD". While PTSD is related to individual traumatic events like being at the World Trade Center on 9/11 or having a severe automobile accident, Complex PTSD is related to experiencing recurring or long-term traumatic events such as living in a war zone, being in an abusive long-term relationship or having a long hospitalization. Unfortunately, the proposed symptoms of Complex PTSD are so similar to [symptoms of PTSD](#) that they are redundant, adding nothing to the accepted PTSD criteria.

If you are experiencing *any* of the symptoms of PTSD that interfere with your daily activities or peace of mind, be kind to yourself and see a psychotherapist who knows about trauma - regardless of whether you meet the diagnostic criteria for PTSD. Be well!

Post-Traumatic Stress Disorder DIAGNOSTIC CRITERIA

- A. At least one of the following intrusion symptoms associated with the traumatic event(s):
- Recurrent, involuntary and intrusive distressing memories of the traumatic event(s).
 - Recurrent distressing dreams related to the traumatic event(s).
 - Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring.
 - Intense or prolonged psychological distress or marked physiological reaction with exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).
- B. At least one of the persistent avoidance of triggers associated with the traumatic event(s) as evidenced by the following:
- Avoidance of or efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).
 - Efforts to avoid external reminders (people, places, activities, situations) that arouse distressing memories, thoughts, or feelings associated with the traumatic event(s).
- C. At least two negative alterations in thoughts and mood associated with the traumatic event(s) evidenced by the following:
- Inability to remember an important aspect of the traumatic event(s).
 - Persistent and exaggerated negative beliefs or expectations about oneself, others, or the world (e.g., "I am bad," "No one can be trusted," "The world is completely dangerous," "My whole nervous system is permanently ruined").
 - Persistent distorted cognitions about the cause or consequences of the traumatic event(s) that lead the individual to blame himself/herself or others.
 - Persistent negative emotional state (e.g., fear, horror, anger, guilt, or shame).
 - Markedly diminished interest or participation in significant activities.
 - Feelings of detachment or estrangement from others.

- Persistent inability to experience positive emotions (e.g., inability to experience happiness, satisfaction, or loving feelings).
- A. At least two marked alterations in arousal and reactivity associated with the traumatic event(s) as evidenced by the following:
- Irritable behavior and angry outbursts (with little or no provocation), typically expressed as verbal or physical aggression toward people or objects.
 - Reckless or self-destructive behavior.
 - Hypervigilance.
 - Exaggerated startle response.
 - Problems with concentration.
 - Sleep disturbance (e.g., difficulty falling or staying asleep or restless sleep).
- B. More than 1 month duration of the symptoms in B, C, D.
- C. Symptoms cause *clinically significant distress or impairment* in social, occupational, or other important areas of functioning.

[Richard L. Bruno, HD, PhD](#)

Article Source(s):

<https://www.nhs.uk/mental-health/conditions/post-traumatic-stress-disorder-ptsd/symptoms/>

https://www.ncbi.nlm.nih.gov/books/NBK207191/box/part1_ch3.box16/

Hanging Up the Car Keys

[Marny K. Eulberg, MD](#)

Primary Care Perspective

I hope that it doesn't take your dog or your passengers to have this look on their faces before you consider whether you should continue to drive!

Driving, for many of us, provides a world of independence, but likely there will come a time when it is no longer safe, prudent, or cost effective to own a vehicle and drive. I'd hope that it does not take a family member taking away your keys or the authorities taking away your license, but if they do, it is out of concern for your safety and for the safety of others.



Most of us who contracted polio in the developed world are now 65 years or older and many of us are octogenarians! One of my friends (who never had polio), was a nun. The religious order she belonged to required that all nuns over age 80 who were insured drivers using the order's vehicles have a formal driving assessment and she fiercely fought the process. She may have secretly known the outcome because the testing showed her reaction time and problem-solving abilities were significantly impaired.

Here are a few warning signs of unsafe driving:

- Delayed response to unexpected situations.
- Becoming easily distracted while driving.
- Decrease in confidence while driving.
- Having difficulty moving into or maintaining the correct lane of traffic.
- Hitting curbs when making right turns or backing up.
- Paint scrapes from getting too close to obstacles
- Needing to use your hand to lift your foot onto or off the brake or accelerator.

Or, You can answer these questions for yourself by using this checklist from the National Aging and Disability Transportation Center:

Note: More than 2 to 3 "yes" answers should have you seriously considering looking into an adaptive driving evaluation or giving up your keys.

- ✓ Other drivers honk at me
- ✓ Busy intersections bother me
- ✓ I avoid left-hand turns
- ✓ Other cars seem to appear out of nowhere & drive too fast
- ✓ I have been stopped by police recently for my driving
- ✓ Turning the steering wheel is difficult for me (there may be some fixes for this!)
- ✓ I've had more "near misses" lately
- ✓ I have trouble seeing street signs in time to respond to them (go get an eye exam!)
- ✓ I have recently caused a car accident or fender bender

continued

- ✓ I get confused or lost in familiar places
- ✓ It's hard for me to look over my shoulder when I'm backing up or changing lanes
(Some technology in newer cars may be able to help with your visual field in these circumstances)
- ✓ My friends and family tell me they're worried about my driving or that they are afraid to ride with me when I'm driving.

The AARP Driving Program, in person or online, now includes information on how to know when you should consider stopping driving and how to access alternative transportation options.

There are specially certified driver rehabilitation specialists or adaptive driving specialists, but they may not be available in less populated areas. These specialists often have driving simulators that allow them to simulate driving situations without any danger to you or anyone else. Many driver rehab specialists have an occupational therapy background. Health insurance may cover part of the cost, but this may also not be a covered service

Many companies that install adaptive driving aids, such as hand controls, require that you have a driving assessment by a driver rehab specialist and any necessary training using the device so that you can safely drive using the adaptive equipment before they will install the adaptive driving aid.

Have you answered "yes" to two or more of the questions above? I suggest that it may be time to evaluate your options.

Here are some things to consider:

- Owning a car is more expensive than most of us realize. AAA estimated that in 2023, the average cost of owning a new car, driven 15,000 miles per year, is now slightly more than \$1,000/month (\$12,182 per year). There are several calculators available on-line that apply to your location, miles driven, etc. if you Google, "annual cost of owning a car". Giving up your car keys might save you a bunch of money! Imagine how many taxi rides or trips in a rideshare or other transportation you could purchase for \$1,000 per month?
- What are the options for alternate transportation in your area? Which ones are you aware of and what other choices are there? There will be less choices in rural areas than in urban areas, but often neighbors in rural areas are eager and very willing to help drive elders to appointments, run errands, and sometimes even to socialize.

In part 2, I'll discuss resources for information about transportation for someone who doesn't drive or no longer drives.

[Marny K. Eulberg, MD](#)



Make These 5 New Year's Resolutions To Avoid Scams This Year

Betty Lin-Fisher USA TODAY

“Did you make some New Year's resolutions for 2024? The Better Business Bureau is suggesting you also make five more – to avoid being scammed this year. ‘Scammers are betting that consumers will be multitasking or not fully paying attention and will fall for their ruse.’

Many scams happen while people are passively scrolling social media or looking on their phone.



Here are five resolutions to protect yourself, according to the BBB:

- **I Resolve To Be Cautious With Email.** Be wary of unsolicited emails from a person or a company. Remember, scammers can make emails look as if they are from a legitimate business, government agency or reputable organization (even BBB). Never click on links or open attachments in unsolicited emails.
- **I Resolve Never To Send Money To Strangers.** If you haven't met a person face-to-face, don't send them money. This is especially true if the person asks you to transfer money using a prepaid debit card or CashApp. Money sent to strangers in this way is untraceable, and once it is sent, there's no getting it back. Scammers will try to trick you into panicking – so before making a move, think it through. Don't fall for it!
- **I Resolve To Do Research Before Making Online Payments And Purchases.** Ask, is this a person or business I know and trust? Do they have a working customer service number? Where is the company physically located? Would I be making payments through a secure server (<https://....com>)? Have I checked to see if others have complained?
- **I Resolve To Use My Best Judgment When Sharing My Personal Information.** Sharing sensitive personal information with scammers opens the door to identity theft. Never share financial information, your birthdate, address, Social Security/Social Insurance number, or Medicare number with an unsolicited caller.
- **I Resolve To Be Social-media-smart.** Use privacy settings on social media and connect only with people you know. Be careful about including personal information in your profile, and never reveal your address and other sensitive information – even in a “fun” quiz. Scammers may use this information to make themselves pass as friends or relatives and earn your trust. They may also take those “favorites” of yours and figure out your passwords, McGovern said. Also, be careful when buying products you see on social media. The BBB Scam Tracker has received thousands of complaints about misleading Facebook and Instagram ads.”

To learn more about scams, visit [BBB.org/ScamTips](https://www.bbb.org/scamtips). For more about avoiding scams, check out [BBB.org/AvoidScams](https://www.bbb.org/avoidscams). If a scam has targeted you, help others avoid the same problem by reporting your experience at [BBB.org/ScamTracker](https://www.bbb.org/scamtracker).

Looking Back at Life's Miracles

Carol Potts Clewley Todd

In the latter part of the 1940's, the polio virus struck the United States in epidemic numbers, crippling and sometimes killing, many children and some adults. Unlike the Coronavirus/Covid-19 today, the U.S. did not shut down, wear masks, or hoard supplies.

Scientists and doctors did, however, work feverishly to invent a vaccine, which finally occurred in 1954. This is my story of survival and triumph during my journey with that horrible virus.

We lived on a farm outside of Chandler, AZ, having moved there from Colorado Springs in 1945. It was a very hot July in Arizona in 1948. I was eight. My mother took me and my five brothers and sisters swimming. I was always the last one out of the pool. I loved the water and was very stubborn. A few days later, I was eating a piece of bread and jelly but could not swallow it. Then I could not hold my head up. By the time I got to the doctor's office, I couldn't move.

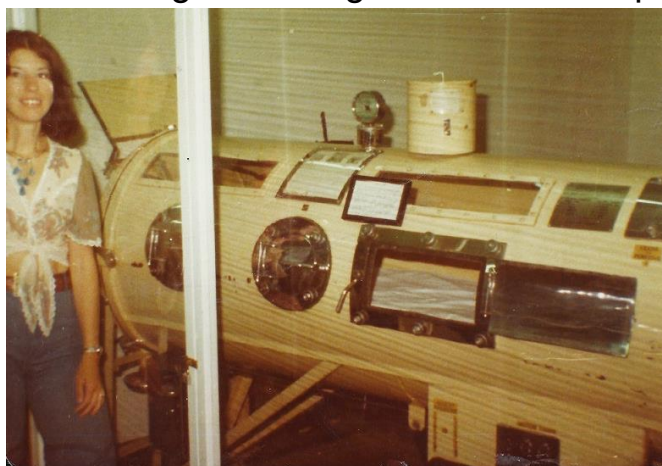
A spinal tap revealed I had polio. None of my brothers or sisters caught it, thank God. The virus spiked tremendously in the summer, especially where public swimming pools were located. Shortly thereafter, it was confirmed that the poliovirus was rampant in these pools and many were closed throughout the United States.

The type I had was called "Bulbar" polio, which is a more severe, often deadly form of Paralytic Poliomyelitis. The brainstem gets attacked by the poliovirus, resulting in extensive damage to the motor neurons of the brainstem which control the respiratory system of the body. As a result, victims of Bulbar Polio often experience severe breathing difficulties, along with the inability to speak or swallow.

I could not move anything except one eyelid; even the muscles controlling my eyeballs went limp and my eyes just rolled around aimlessly. I could not breathe, swallow, talk, or move. At the Crippled Children's Hospital in Phoenix, I was put into a large iron lung that was lined up next to dozens of others in the Polio ward. However, the strong suction of the machine pulled me up to its ceiling as I only weighed about 60 pounds. So the hospital sent for a Navy respirator, which was outfitted with rubber rings around the neck, arms, and waist to fit me better. I alternated between the two machines. (Ventilators today are the technological improvement of iron lungs.) For nourishment, a tube was run down my throat and eggnog ("Ensure" had not been invented) was poured into it three times a day. Later, when I could burp, it tasted SO GOOD! I still love eggnog today.

My mother said my life hung by a thread for several weeks. She stayed with me and prayed continually, mostly "The Lord's Prayer." Years later in church, I wondered how I knew the entire prayer

continued . . .



Carol with an iron lung similar to the one she was in that "pulled her up to its ceiling". Pioneer Museum, Minden, Nebraska (1978)

without ever having read it. I can still remember it was my mother's voice saying it I had heard over and over while I laid there paralyzed. At one point when there was no hope of improvement, the hospital priest came and gave me last rites. As he finished praying, a few raindrops fell outside the window on a cloudless day. Mama knew God heard him. The next day, my eyes focused and I moved my arm. From then on, I began to get better. It really was a miracle.

Eventually, I was moved into a large open ward, filled with crying children in beds, lined up and down the walls as far as you could see. Three or four times a day, a big tub on a cart would come to each bed. I could smell it coming. (As I write this, 76 years later, I can still remember that smell.) It was full of hot, wet, steaming, stinking, wool blanket squares (Army type) that the nurse would wrap around my entire body and then cover with canvas strips held tightly with big safety pins. This was called the "Sister Kenny" method for keeping muscles limber. I'd lay there like a mummy for hours, listening to all the kids cry. I wasn't able to cry yet, but I was inside. When the hot packs cooled off, the nurse would bring in the next batch of hot stinking wool. This went on day after day. Finally, one day, I was so mad that I kicked my leg . . . and it moved ! After many months, I finally recovered, and was well enough to go home. The March of Dimes paid the hospital bill, and we were forever grateful to them. With polio eliminated in the U.S., the March of Dimes now helps with birth defects.



Carol Potts - Age 11

Having missed all of third grade, my school passed me from second to fourth, which made some subjects, like math, difficult for me. What children learn today in those grades is astronomical compared to then - I'd never make it now!

To fully recover, my dedicated, loving mother gave me physical therapy at home on the farm for the next several years. She improvised, using canned vegetables for the exercise weights we could not afford. Because my brothers and sisters were busy being "normal", I was often alone. Our collie-mix dog, Bobo, became my best buddy. Bobo sensed my helplessness and was constantly by my side, giving me an unforgettable bond with animals, a gift that I possess to this day. One day, two ladies came from town with donations for our family. They brought a whole load of donated food, toys, clothes, and even 2 pet rabbits! It was like Christmas. I will never forget the goodness of strangers.

We moved back to Colorado Springs in 1950. Polio survivors are not immune to the disease, so when Jonas Salk invented the vaccine in 1955, I lined up with millions of others to take it.

Post-Polio Syndrome came to haunt me in the fall of 2006. My respiratory system became weaker, requiring a BIPAP machine at night. I'm now on oxygen 24/7. My spine is curved in two places and some of my ribs are deformed. I have limited breathing capacity and a few missing muscles in my neck, but I have not missed much in life. I was never able to give birth because medically, it was not possible for me. I have considered this tragedy to actually be a blessing to me. I know that I am a very fortunate person because very few

victims of Bulbar polio who experienced it as severely as I did, survived. If only I was able to get well, I became determined to never miss out on anything ever again.

Go for the gusto! I've belly danced, hiked, streaked, skated, skied, partied, raced jeeps on ice, camped all over the Rocky Mountains, gone swimming (I'm still the last one out of the water), hammered, traveled, kissed Elvis, made cement, and served 36 years at HQ NORAD. After I retired, I volunteered with children at church, spent nine years helping the animals at the Teller County Shelter/TCRAS in Divide, CO, and worked on maintenance jobs to restore the Pikes Peak YMCA Camp Shady Brook for children.

At age 63, I became my own contractor to build my dream house in the mountains, doing some of the work myself. While living here, I've written two books and traced my family roots from strong Colorado pioneers who came to Denver by covered wagon in 1871.

I know that life is a very precious gift, and that it should be enjoyed every day. Don't wait for "someday" which might not come. I've laughed, cried, and loved way beyond a normal person's limits. I've been told I'm just "too much" by some people. But that is because they didn't come from where I did, nor were they made of anything close to what I am. If I die tomorrow - hopefully not from just going swimming - I know that I have lived life to the fullest extent possible.



All photos courtesy of Carol Potts Clewley Todd



"Of Frozen Fingers and Polio Feet"

A warming winter tale for everyone who hates the cold.

By Richard L. Bruno, HD, PhD

"Muscle Weakness and the Cold Weather"

Why do my muscles get weaker in the cold weather?

By Richard L. Bruno, HD, PhD

Is it a Cold, Influenza? COVID or Allergies? Oh My!

People who have sniffles, coughs, and/or fever ask themselves and their health care providers, "What causes that?" or

"What is this thing that is making me feel sick?"

By Marny K. Eulberg, MD

You can easily find these articles and MANY more on our website – www.polionetwork.org

Dr. Bruno's Articles / Videos:

- Go to the Heading "Professionals". Open up his [name](#). You will find his Biography and his inventory of 600+ Articles and Videos. Use the Index to search for articles/videos by your topic of interest.
- Go to the Heading "Articles/Resources". Open up "[Bruno Bytes](#)" or "[Encyclopedia of Polio and PPS](#)". You will find his inventory of Articles and Videos. Use the Index to search for articles/videos by your topic of interest.

Hint: The [Encyclopedia of Polio and PPS](#) has ALL of Dr. Bruno's work – including Bruno Bytes.

Dr. Eulberg's Articles / Videos:

- Go to the Heading "Professionals". Open up her [name](#). You will find her Biography and her inventory of articles and videos. Use the Index to search for articles/videos by your topic of interest.
- Go to the Heading "Articles/Resources". Open up "[Primary Care Perspectives](#)". You will find her inventory of Articles and Videos. Use the Index to search for articles/videos by your topic of interest.

To find ALL the articles on our Website under a certain topic: "Temperature", "Flu", "Cold" etc:

- Enter your topic in the "Search Bar" located anywhere throughout our site.

To find ALL the articles on a specific topic on your page of interest: "Daniel J. Wilson, PhD", "Living with Post-Polio Syndrome", "Bruno Bytes" etc:

- Use the Index to search for articles/videos by topic

"Living with Post-Polio Syndrome" has assorted articles and videos from every professional contributor on our site.

- Look through the Index for your topic of interest. Note: The topic "[Video](#)" currently shows 42 to choose from.
- For more information from that contributor, click on their Category in the beginning of the article.

Thank you

Thank you for your kind words and generous [donations](#).

**“If you can’t fly then
run, if you can’t run
then walk, if you can’t
walk then crawl, but
whatever you do you
have to keep moving
forward.”**

- Martin Luther King, Jr.



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215-858-4643

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