

There are so many of us in this group that have a lot of great medical knowledge about Post-Polio, but for those that are new to the concept of PPS...let me tell you about the best analogy I have ever heard to describe Post-Polio (from someone in this group).

Imagine that your body is a house...inside the walls of the house you have electrical wiring. That electrical wiring in the house is like the nervous system in a body! The polio virus damages the nerves that provide motor control...so when you repair (or recover) from the polio virus...your body has actually spliced into the wiring to run a new wire to make the muscles work. Those "new" wires are smaller and work harder...like running a normal 220 through a 110 voltage line! So, you never know when/where/how the wire is going to short circuit! When it blows...you have a power outage...and the outlets where the blown line was located don't work anymore!

What our marvelous bodies do is try very hard to run extension cords to cover the loss...and they just aren't powerful enough to do everything the main lines do...the more you push electricity through those extension cords...the more dangerous it is!

Yep...that is the description that made the most sense to me...without the medical jargon!

Arizona Survivor Micki Minor

October, 2014