



## Bruno “Bytes”

September, 2018

From Dr. Richard L. Bruno, HD, PhD  
Bits and Tidbits from the Post-Polio Coffee House

### On the topic of Audio Books (9/1/2018)

Original Post: I've been a life-long reader, but several years ago could no longer easily get to the library or carry books after checking them out. My librarian suggested that I apply to the Library of Congress National Library Service for the Blind and Physically Handicapped. I did, and after approval have continued to enjoy "reading" audio books.

Currently, books are digital and can be downloaded by members to flash drives, but can also be ordered and sent to you on (digital) cassette. The digital player and the books are provided free of charge to approved members. This is not a widely advertised service, so I thought there might be persons in this group who were unaware of it. Just search for "[nlsbard.loc.gov](http://nlsbard.loc.gov)" for eligibility and application. Also most local libraries have a download service for library card holders - also free. You can "check out" books to read on your mobile devices. The free apps I use are Overdrive or Libby. You just need a library card to use them. Neither of these programs is difficult to learn, so I hope you will try them out.

### On the topic of Getting Polio a Second Time (9/10/2018)

Question: If we have had polio can we get it again ?

Dr. Bruno's Response: There are THREE types of poliovirus. You can "get" polio 3 times: From the Type I, Type II and Type III polioviruses.

Additional Post: So does that mean that someone who is traveling to one of the presently impacted countries should consider getting vaccinated for types 2 and 3?

Dr. Bruno's Response: Everyone (even polio survivors) need to be vaccinated if they are going to places where Polio is still active.

### On the topic of PPS and Muscle Spasms being Fibromyalgia (9/11/2018)

Original Post: Is there a connection between PPS and fibromyalgia? I had polio in 1947 and have now developed painful neck spasms which four different doctors have called "stress". Nothing seems to help except Extra-strength Tylenol, which is just temporary.

Dr. Bruno's Response: "Fibromyalgia" is just a fancy name for muscle spasm pain, as you describe. Stress, overuse and painful posture – plus pinched nerves – cause muscle spasm and pain. The **cause** of spasm and pain should be diagnosed before your symptoms get a "fancy name" and you're sent away with Tylenol.

### On the topic of the Encyclopedia of Polio and Post-Polio Sequelae (9/15/2018)

Dr. Bruno's Original Post: A Message from Dr. Richard L. Bruno:

During the past 36 years I've written three books and more than 600 articles, book chapters, monographs and commentaries about polio and the cause and treatment of Post-Polio Sequelae. This work was done for the medical community and, more importantly, for polio survivors. Most of the medical journal articles, chapters and monographs have been uploaded into the Post-Polio Library on the International Centre for Polio Education website at [postpolioinfo.com](http://postpolioinfo.com).

More than 500 commentaries (often answers to questions from our Post-Polio Coffee House members on Facebook) have been expanded, edited and uploaded to the Pennsylvania Polio Survivor's Network "Bruno Bytes" page by their volunteer team. But about one-third of my articles, with important information for polio survivors and their families, have been sitting on my computer, just gathering electrons. That ends here.

The International Centre for Polio Education and Pennsylvania Polio Survivor's Network have partnered to update, edit, then index and upload for easy retrieval and reading, everything I've written on polio and PPS to this new Internet based

[ENCYCLOPEDIA of POLIO and POST-POLIO SEQUELAE](http://www.papolionetwork.org/encyclopedia.html)

([www.papolionetwork.org/encyclopedia.html](http://www.papolionetwork.org/encyclopedia.html)) This Encyclopedia will be updated with new articles and commentaries on a regular basis to make sure that the post-polio community has the latest information about the cause and treatment of PPS.

I can never adequately thank Carol Ferguson and the Pennsylvania Polio Survivor's Network for taking the lead in providing information for the world's polio survivors, for tirelessly editing and indexing my writings and providing a home for the ENCYCLOPEDIA. So, to the world's estimated 15 million-plus polio survivors: Read on!

[On the topic of "Finding" words](#) (9/16/2018)

Original Post: Word Loss / Polio Brain - I've read all or most of what's come my way about this topic. It's becoming one of the most embarrassing aspects of PPS. I look to my dear husband in desperation who scrambles to complete my sentence for me. I find that with me - it's almost always nouns I forget.

Additional Post(s):

- This happens to me much more when I am tired. Fatigue of any kind will increase the word finding problem.
- It happens to me a lot. My experience is that my internal voice is very clear, but verbalizing my thoughts can be impossible sometimes, almost seeming vague. I end up just being quiet.
- Stress and fatigue make it worse.
- Word retrieval was one of my earliest PPS symptoms. Addressing the pain and mobility issues, thereby lessening some anxiety, has relieved it a bit.

Dr. Bruno's Response: Nouns will get you every time! There are two articles on this topic in the [articles section](#) of the Encyclopedia of Polio and Post-Polio Sequelae

[On the topic of "Twitching" and Restless Legs](#) (9/24/2018)

Dr. Bruno's Original Post: RESTLESS LEGS SYNDROME TRIGGERS...

Note that even THIS article mistakenly lists "twitching" as an RLS symptom. But note these triggers:

- Changes in sleeping patterns
- Too much caffeine or sugar

- Certain antihistamines and other over-the-counter medications (including stimulants, e.g., pseudoephedrine)
- Certain prescriptions such as antidepressants and anti-psychotic medications (e.g., dopamine blockers)

## Easing the Discomfort of Restless Legs Syndrome

Article ID: 700909

Released: 21-Sep-2018 11:05 AM EDT

Source Newsroom: [Beth Israel Deaconess Medical Center](#)

Newswise — People with [restless legs syndrome](#) (RLS) experience twitching and discomfort in the legs, usually during the evening and night time hours. “The feeling is usually accompanied by a strong urge to move your legs, to keep them active and lessen the uncomfortable sensation,” says [Jacqueline Chang, MD](#), a pulmonologist in BIDMC’s Sleep Disorders Clinic.

“The feeling differs between patients, but most describe RLS as an aching, burning, itching, crawling or tingling sensation,” she says. “This feeling only gets better when you move your legs, which can lead to other sleep-related issues.” Exactly what causes RLS is unknown, but it is often linked to common triggers or another disease or condition.

### **Common triggers for RLS include:**

Changes in sleeping patterns

Too much caffeine or sugar

Certain antihistamines and other over-the-counter medications

Certain prescriptions such as antidepressants and anti-psychotic medications

“If someone is suffering from a mild case of RLS, we can usually address it by making a few behavioral changes,” Chang says.

### **Common behavioral changes include:**

Adequate sleep hours and healthy sleep habits, including going to bed at the same time every night and reducing the amount of light (natural or electronic) before bed

Avoiding caffeine and foods high in sugar

Exercising and meditating

Changing medications

“I often recommend some sort of physical or mental stimulation for RLS, like placing a hot pack to the area, massage, or even mental stimulation, like doing a crossword puzzle,” Chang says.

### **In some cases, RLS can be linked to another disease or condition. These include:**

A family history of RLS

Iron deficiency

Neuropathy (nerve damage)

Kidney disease

Pregnancy

There are a variety of medications that your doctor could prescribe to help ease the discomfort of RLS. Other treatment options may include lifestyle changes and relaxation techniques. “A sleep medicine specialist can work with you to find the best plan of care,” Chang says.

The multidisciplinary team at the [Sleep Disorders Clinic at BIDMC](#) includes neurologists, pulmonologists and psychologists who treat patients with a full range of sleep disorders, from restless legs syndrome, to sleep apnea, insomnia, narcolepsy and more.

<https://www.newswise.com/articles/view/700909/?sc=mwhn>

Additional Bruno “Bytes” are available for you to share in the Encyclopedia of Polio and Post-Polio Sequelae.

Go 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

Would you like to see Dr. Bruno in “action”? Check out the [Video Library](#).

Looking for a particular topic? Check out the Bruno Bytes [“Index by Subject”](#)