

Bruno Bytes INDEX (By Subject) - November 2014 through May 2018

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Topic	Bruno Byte	Month			
Acceptance	Befriending other Polio Survivors	1/16/2018			
	Crying	11/3/2014			
	Fear	6/15/2015			
	Healing	9/14/2017			
	Mindfulness	11/5/2015			
	Persevering	1/3/2017			
	Positive Thinking and Pain	6/19/2017			
	Pushing Yourself too Far	12/4/2014	5/13/2015	12/9/2015	
		7/20/2016			
		7/20/2016			
Anesthesia	Anesthesia	8/18/2015	8/21/2015	3/29/2016	
		4/5/2016			
	Fasting	12/12/2015	12/29/2015		
	General Anesthesia side effect - Urinary issues	7/13/2017			
	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 Adjustments		6/27/2017			
Brace(s), Podiatrist		4/6/2015	6/11/2016		
Canes		5/10/2016			
Cleaning your CPAP/Bi-Pap		3/15/2018			
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		

Bruno Bytes Index

	Daily Log	8/1/2017		
	Disability Home Modifications, and Grants	8/24/2017		
	DME (Durable Medical Equipment) Medicare Regulations for 2018	9/28/2017		
	Falling	1/24/2017		
	Functional Capabilities Evaluation for LTD	9/30/2015		
	In-Exsufflator	2/21/2017		
	Medical Alert Systems	1/5/2017		
	Spinal Cord Stimulators	3/5/2015	7/15/2017	
	"Talking Library" for the blind and handicapped	7/18/2017		
	Therapy Gloves	1/10/2017		
	Traveling with a Disability	12/2/2017		
	Walking	7/15/2015	5/10/2016	
	Wheelchair Bound	7/19/2015	12/8/2015	
	Wheelchair (and Equipment) "Scams"	3/28/2017		
	Wheelchairs, extra light & power folding	7/19/2015	3/17/2018	
	Wheelchairs, Medicare Requirements	3/18/2017		
Bone	Bone Density medications	4/6/2017		
	Bone Density Studies	8/21/2017		
	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		
	"Painful" Posture	7/24/2017		
	Stem Cell Therapy	1/31/2015		
Books	Life Skills for Polios: A light-hearted handbook	10/24/2017		
	Reading Materials For and About Polio Survivors	12/21/2017		
	Square Pegs, Round Holes 'n' Pigeonholes	4/9/2015		
	The Polio Paradox	3/18/2017	3/21/2018	
	"Talking Library" for the blind and handicapped	7/18/2017		
Bowel/Bladder	Blader Control	7/29/2015	12/6/2015	2/6/2016
		6/24/2016		
	Bladder and Urinary Issues	7/13/2017		
	Bladder Muscle Weakness	6/24/2016	1/12/2017	
	Constipation	3/28/2015	2/9/2016	5/7/2016

Bruno Bytes Index

		2/8/2018		
	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		
	Aortic Stenosis	4/27/2018		
	Arthritis	1/23/2017		
	Barium Test	2/16/2015		
	Cancer, Radiation and PPS Fatigue	9/20/2017		
	Chronic Fatigue Syndrome	3/18/2017		
	Correct Diagnosis, Polio Paradox	6/24/2016		
	Dementia	4/11/2016	9/8/2016	
	Diagnosed Polio and PPS	12/14/2017		
	Diaphragm Paralysis	2/14/2018		
	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		
	Lung Cancer	4/18/2016	5/12/2016	
	Obstructive Sleep Apnea (OSA)	5/10/2018	5/16/2018	
	Osteoporosis	5/7/2018		
	Paralysis	8/24/2015	2/14/2018	
	"Polio Feet"	5/25/2017		
	PPS Diagnosis	9/11/2017		
	Raynaud's Disease	1/10/2017		
	Sleep Apnea	3/15/2018	5/9/2018	5/16/18
	Summer Disease, Polio	5/13/2015	6/18/2015	
	Summer Grippe	5/13/2015		
	Undiagnosed Polio	5/13/2015	6/8/2016	
Diet	Bellies and Diet	2/11/2018		

Bruno Bytes Index

	Breakfast Bars	2/23/2018		
	Building Stamina	3/29/2015		
	Butter consumption and Chronic Disease	6/30/2016		
	Diet and Weightloss	2/21/2018		
	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	9/20/2017
		2/11/2018	2/23/2018	
Diagnostic Procedures & Blood Tests	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	2/8/2018	
	Blood Test, Antibodies	3/30/2015	12/12/2015	12/29/2015
	Bone Density Studies	8/21/2017		
	"Drug Holiday" (Osteoporosis)	5/7/2018		
	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 Repair vs Replacement	12/16/2017	3/8/2018	
	Hip Replacement, Steroid injections	3/3/2016	4/25/2017	12/16/2017
		3/8/2018		
	Intravenous Immunoglobulin (IVIG) treating PPS	3/23/2015		
	Knee Replacement	1/5/2015	10/27/2015	4/25/17
	Local Anesthetic	8/18/2015		
	Mini Mental Status Exam (MMSE)	3/18/2018		
	Post-op Urinary Retention	7/13/2017		
	Red Cell Count	9/20/2017		
	Sedation	4/5/2016		
	Sleep Study	1/10/2017	5/25/2017	11/9/2017
		3/15/2018	5/9/2018	
	Spinal Fusion	8/18/2015		
	Stem Cell Therapy	1/31/2015		
	Surgery	2/28/2015	6/15/2015	2/13/2016

Bruno Bytes Index

		11/7/2016		
	Tracheotomy	12/27/2014	4/19/2016	
	Video Swallowing Study	7/20/2017		
	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		
	Walking	7/15/2015	5/10/2016	1/3/2017
	Word Finding Difficulty as a Post Polio Sequelae	11/17/2017		
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	11/15/2017
	Bone Density, medications	4/6/2017		
	Cardiac	12/7/2016		
	Corticosteroids (Drug class)	3/6/2015		
	"Drug Holiday" (Osteoporosis)	5/7/2018		
	Drug Plan	10/10/2016		
	Drugs...Their names sound the same, but ARE they the same?	1/13/2018		
	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		
	Interactions	12/1/2017		
	Klonopin (Clanzepam)	5/10/2015	1/13/2018	
	Linzess (Linaclotide)	5/7/2016		
	Marijuana, medical	11/3/2014	2/28/2016	3/28/2016
		8/12/2016	10/12/2016	
	Opioids - Are They the Answer	1/18/2018	3/13/2018	
	Osteoporosis medications	11/10/2016	5/7/2018	

Bruno Bytes Index

	Pain Medications	5/9/2018		
	Prescription Drug Prices	8/9/2017	9/19/2017	
	Provigil (Modafinil)	7/13/2016	5/16/2018	
	Prozac (Fluoxetine)	7/28/2016		
	Questioning Prescription Drug Prices	6/30/2017		
	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
		4/23/2018		
	Statin	12/4/2015	1/1/2016	1/12/2016
		2/28/2016	4/26/2016	4/17/2018
	Steroid Use	4/11/2017	6/25/2017	
	Steroid hormones	3/6/2015		
	Using medications for PPS	7/13/2016	4/2/2017	
	Vitamin D	4/11/2017		
	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	10/26/2017		
	Exercise and Polio Damage	3/26/2018		
	Exercise and PPS - A New Study	1/31/2018		
	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
	Healing	9/14/2017	9/26/2017	
	Home Health PT	10/7/2015	4/13/2016	
	How to exercise on our own	5/16/2017	8/23/2017	
	Kegal exercises	1/12/2017		
	Limitations of PPS, understanding them	7/20/2016		
	Neither Exercise nor Psychotherapy reduce Fatigue	8/25/2015	8/1/2017	
	Physical Activities and PPS Symptoms	8/1/2017		

Bruno Bytes Index

	Physical Therapy	10/7/2015	1/12/2017	6/13/2017
		3/26/2018	4/27/2018	
	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	8/1/2017	9/20/2017
		1/21/2018	1/25/2018	
	Fatigue and need for Sleep Study	11/9/2017		
	Sleep - Is it necessary?	1/5/2018		
	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	
	Questioning Prescription Drug Prices	6/30/2017	8/9/2017	
	Regulating, Herbs & Spices	6/22/2015		
	Staying "Quiet" / Dangers	4/8/2015		
Fiction	Sir Arthur Clarke	3/15/2015		
Hands	"Talking Library" for the blind and handicapped	7/18/2017		
	Tremors	2/27/2016		
	Weak, hands	11/29/2015		
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
	Tax Deductions	4/6/2017		
	Disability Home Modifications, and Grants	8/24/2017		
	Drug Plan	10/10/2016		
	Dry Needling Physical Therapy	2/25/2015		
	Home Health PT	10/7/2015	4/13/2016	

Bruno Bytes Index

	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 Regulations, DME, for 2018	9/28/2017		
	Medicare Requirements, for Power Wheelchairs	3/18/2017		
	Pediatricians can help stop Polio, How	12/30/2014		
	Physical Therapy	10/7/2015	3/26/2018	
	Prescription Drug Prices	8/9/2017		
	Social Security	12/19/2014	2/5/2017	4/17/2018
	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" Knee Giving Out	12/22/2017		
	Good Leg	5/1/2016	2/8/2018	
	Knee Pain	1/5/2015	10/27/2015	7/24/2017
	Knee Pain Relief without Surgery	7/24/2017		
	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	
	Stiffness	2/8/2018		
	Tired and Painful Legs	5/20/2018		
	Twitching	1/5/2015	8/21/2015	12/11/2015
		4/1/2016		
	Walking	7/15/2015	5/10/2016	
Lungs	Breathing Issues	5/20/2018		
	Chest Congestion	2/21/2017		
	Hazards of Oxygen	10/24/2017		
	Iron Lung	11/21/2017		
	Lung Cancer	4/18/2016	5/12/2016	

Bruno Bytes Index

	Lung Function	9/20/2017		
	Pulmonary Embolism (PE, lung embolism)	2/4/2016		
	Upper Respiratory Issues and CO2	1/7/2016		
Medical	Anxiety/Depression masking a true Medical Problem	6/27/2017		
	Autopsy	12/11/2015		
	Blood	11/1/2014	1/31/2015	2/24/2015
		3/30/2015	11/3/2015	5/12/2016
	Blood Pressure Guidelines	11/15/2017		
	Brain	11/1/2014	4/1/2015	11/3/2015
		12/12/2015	12/29/2015	7/13/2016
		7/23/2016		
	Cancer	9/20/2017		
	Cerebral Palsy and Polio, the difference	5/23/2016		
	Directory, "Good Doc"	4/5/2015		
	DME (Durable Medical Equipment) Medicare Regulations for 2018	9/28/2017		
	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		
	Questioning Prescription Drug Prices	6/30/2017	8/9/2017	
	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		
	Dr. John Bach - Moving Beyond the Iron Lung	10/24/2017	2/14/2018	
	Dr. John Bach - The Breathe BB Forum	5/20/2018		
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		

Bruno Bytes Index

	Pain, Muscle	5/8/2015	9/26/2015	10/24/2015
		11/3/2015	12/4/2015	9/18/2017
	Spasms, Muscle	10/20/2015	12/11/2015	12/12/2015
		2/24/2016	4/20/2016	5/24/2018
	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		
	Parasympathetic Nervous System	10/8/2015		
Non-Paralytic Polio	Summer "Grippe"	5/13/2015		
Oxygen	Breathing	10/29/2015	7/23/2016	2/14/2018
		5/20/2018		
	CPAP	4/11/2015	5/28/2015	7/28/2015
		9/6/2015		
	Fainting	4/25/2015		
	Hazards of Oxygen	10/24/2017		
	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		
Pain	Back	11/7/2014	2/6/2016	3/8/2016
		6/27/2017		
	High Threshold	10/24/2015		
	Joint pain	6/24/2016		
	Knee	1/5/2015	10/27/2015	7/24/2017
	Knee Pain Relief without Surgery	7/24/2017		
	Leg	1/5/2015	5/13/2015	5/20/2018
	Lower Back	5/13/2015	8/18/2015	10/24/2015
		11/3/2015	3/16/2016	
	Management, Meditation	11/12/2015		
	Pain Medications	5/9/2018		
	Muscle	5/8/2015	9/26/2015	10/24/2015

Bruno Bytes Index

		11/3/2015	12/4/2015	
	Neck	8/18/2015	7/14/2016	5/24/2018
	Pain and Depression	3/21/2018		
	"Painful" Posture	7/24/2017		
	Polio Survivors and Pain	3/26/2017		
	Polio Survivors Handbook	7/24/2017		
	Positive Thinking and Pain	6/19/2017		
	Pressure Pain	3/2/2015		
	Rib Cage	10/24/2015	11/3/2015	2/26/2016
	Shots vs Pills, (Article)	1/5/2015		
	Slow Healing after an Injury	9/26/2017		
	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		
	Knee Pain Relief without Surgery	7/24/2017		
	Meditation	11/12/2015		
	Non-Opioid, relief	6/13/2016		
	Pain Control for Polio Survivors	6/25/2017	5/9/2018	
	Spinal Cord Stimulators	3/5/2015	7/15/2017	
	TENS Unit (Transcutaneous Electrical Nerve Stimulation)	9/26/2015		
Paralysis	D68 Enterovirus, Paralysis	1/9/2015	3/31/2015	
	Diaphragm Paralysis	2/14/2018		
	Paralysis	5/13/2015	8/24/2015	
	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		
	Diagnosed Polio and PPS	12/14/2017		
	Dopamine Producing Neurons, and Polio	5/3/2018		
	Eradicate Polio, New Science	1/20/2017		
	Exercise and Polio Damage	3/26/2018		
	Fear	6/15/2015		
	Getting Polio from the Vaccine in 1955	12/27/2014	2/22/2015	

Bruno Bytes Index

	History	5/13/2015		
	Neurons, regenerating in Polio Survivor	8/11/2016	5/3/2018	
	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		
	"Patch" to Deliver the Polio Vaccine	10/14/2017		
	Pediatricians can help stop Polio, How	12/30/2014		
	Polio	5/13/2015		
	Polio and the Temporal Lobe	11/17/2017		
	Polio Arms and Polio Legs	2/8/2018		
	"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	1/12/2018	
	Polio Virus being discovered in Australia	12/15/2017		
	Polio Virus - It just Wont Go Away	1/12/2018		
	Services from ICEP	1/25/2018		
	Sibling having a "mild" case of Polio	6/20/2017		
	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	1/21/2018	1/25/2018
	Chronic Fatigue and Exercise	3/19/2017	1/31/2018	
	Chronic Fatigue, Getting it Wrong	3/18/2017	4/2/2017	
	Sleep - Is it Necessary?	1/5/2018		

Bruno Bytes Index

Polio Survivors	Befriending other Polio Survivors	1/16/2018		
	Cardinal Edward Egan	3/10/2015		
	Daily Log	8/1/2017		
	Polio survivors	9/30/2015	4/19/2016	11/7/2016
	Polio Survivors and Pain	3/26/2017	6/25/2017	
	Polio Survivors having PTSD	11/13/2016		
	Psychological Support for Polio Survivors	8/21/2017		
	Reading Materials For and About Polio Survivors	12/21/2017		
	Sir Arthur Clarke, Fiction writer	3/15/2015		
	"testing" the limits	5/21/2017		
Post Polio Syndrome (PPS)...and	ALS and "Other" Diagnosis	10/17/2017		
	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	
	Diagnosis and PPS	9/11/2017		
	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		
	Fatigue	9/20/2017	1/21/2018	1/25/2018
	Hearing Issues, Susceptibility to	2/26/2015		
	High blood pressure	3/19/2015	6/12/2016	
	Homeopathic remedies	6/13/2016		
	Illness or Trauma Preceding PPS	8/9/2017		
	Inflammation, Post-Polio Sequelae	12/4/2015		
	Intravenous Immunoglobulin (IVIG) treating PPS	3/23/2015		
	IVIG (Intravenous Immounoglabulin) and PPS	11/25/2017		
	Joint pain	6/24/2016		

Bruno Bytes Index

	Limitations of PPS, understanding them	7/20/2016		
	Loss of Motor Neurons (Anterior "Horn" cells)	4/30/2018		
	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		
	Multiple symptoms and PPS	3/15/2018		
	Neuropathy	10/12/2016		
	Pain	5/13/2015		
	Paralysis	5/13/2015	8/24/2015	
	Physical Therapy and PPS	3/26/2018		
	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		
	Trauma or Illness Preceding PPS	8/9/2017		
	United Kingdom, PPS in the	2/7/2017		
	Voice Issues and PPS	8/28/2015		
Researcher	Albert Sabin	5/13/2015		
	University of Queensland	10/14/2017		
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
	General anesthesia - post-op urinary side effects	7/13/2017		
	High blood pressure	3/19/2015	6/12/2016	
	Reactions, medication	2/19/2015	3/18/2017	
Speech and Swallowing	Swallowing	3/28/2015	11/11/2015	2/26/2016
		7/23/2016	7/20/2017	2/8/2018

Bruno Bytes Index

	Swallowing, difficulties/issues	3/28/2015	11/11/2015	2/26/2016
		7/23/2016	7/20/2017	2/8/2018
	Video Swallowing Study	7/20/2017		
	Voice Issues and PPS	8/28/2015		
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
		5/7/2018		
	"Painful" Posture	7/24/2017		
	Spinal Cord Stimulator Therapy	3/5/2015	7/15/2017	
	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	Bone Density Studies	8/21/2017		
	Depression during Menopause	3/30/2017		
	IVIG (Intravenous Immunoglobulin) and PPS	11/25/2017		
	NIH Study of Polio Survivors and Corticosteroids	3/6/2015		
	Novel patch can better deliver Polio Vaccines	10/14/2017		
	Post-Polio Brain Fatigue	6/30/2016		
	Psychological Support for Polio Survivors	8/21/2017		
	Sleep Deprivation Disrupts Brain-cell Communication	11/9/2017	1/5/2018	1/9/2018
	The Key to Weight Loss Is Diet Quality, Not Quantity	2/21/2018		
Supplements	Anti-inflammatory, Herbals	12/4/2015	5/19/2016	
	Calcium	3/17/2015		
	Coenzyme Q-10	12/22/2015		
	Do They Help? - Caution.	1/9/2018		

Bruno Bytes Index

	FDA Regulating, Herbs & Spices	6/22/2015		
	Herbals	6/22/2015	5/19/2016	
	Homeopathic remedies and PPS	6/13/2016		
	Magnesium	1/9/2018		
	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		
Symptoms	Adie's Tonic Pupil	7/31/2015		
	Anemia	2/24/2015		
	Anger	3/20/2018		
	Anxiety/Depression masking a true Medical Problem	6/27/2017	1/5/2018	3/24/2018
	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	
	Brain Fog	3/21/2018	5/3/2018	
	Breathing, issues	10/29/2015	7/23/2016	5/20/2018
	Cellulitis	5/28/2015		
	Constipation	3/28/2015	2/9/2016	5/7/2016
		2/8/2018		
	Depression and Pain	3/21/2018	4/23/2018	
	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
		1/21/2018		
	Flu like	5/13/2015	1/18/2018	
	Flue Symptoms	1/18/2018		
	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		

Bruno Bytes Index

	Memory Issues	1/21/2018	5/3/2018	
	Multiple symptoms and PPS	3/15/2018		
	Muscle, Weakness	5/13/2015	12/7/2015	6/30/2016
	Numbness, Leg	12/11/2015		
	Parkinson's Like Symptoms	3/11/2016		
	Physical Activities and PPS Symptoms	8/1/2017		
	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		
	Stiffness, in non-polio leg	2/8/2018		
	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	2/8/2018	
	Sway Backed	3/2/2015		
	Sweating - Is it a Post-Polio "Thing"?	1/22/2018		
	Throat Paralysis	2/16/2015		
	Tingling	12/7/2015		
	Tired/Painful Legs	5/20/2018		
	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		
	Healing	9/14/2017		

Bruno Bytes Index

	Home Health PT	10/7/2015	4/13/2016	
	Home Therapy	4/25/2017		
	Kinesology Tape	9/18/2017		
	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	5/24/2018	
	Obstructive Sleep Apnea (OSA)	5/10/2018	5/16/2018	
	Paralysis, Throat	2/16/2015		
	Tracheotomy	12/27/2014	4/19/2016	
	Vagus Nerve	2/8/2018		
Types of Polio	Bulbar Polio (Brainstem)	12/12/2015	12/29/2015	7/13/2016
		7/23/2016	5/24/2018	
	Non-Paralytic Polio	5/13/2015		
	"Old" Polio and EMG	10/11/2016		
	Spinal Polio (Spinal cord)	7/13/2016	7/23/2016	
	Type 1, Epidemic virus	5/13/2015		
	Type 2,	5/13/2015	1/17/2017	
	Type A, Personality	5/28/2015		
	Type, Polio	7/13/2016	7/23/2016	
Vaccine(s)	Children of Polio Survivors needing to have the Polio Vaccine	6/17/2016		
	"Fake News" and Vaccines	4/26/2018		
	Flu and Pneumonia vaccines	10/30/2017		
	Full Dose, polio vaccine	12/27/2014	3/10/2015	
	Getting Polio from the Vaccine in 1955	12/27/2014	2/22/2015	
	"Patch" to Deliver the Polio Vaccine	10/14/2017		
	Plant-Based Polio Booster	7/23/2016		
	Polio Virus Transmission & CDC Interim Guidance on Vaccine Requirements for Americans and Those Who Travel, WHO (World Health Organization)	12/26/2014		

Bruno Bytes Index

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Bruno Bytes Index

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Bruno Bytes Index

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Bruno Bytes Index

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Bruno Bytes Index

Medicare Coverage for Home Health PT	http://newoldage.blogs.nytimes.com/2013/02/04/therapy-plateau-no-longer-ends-coverage/?_r=0	4/13/2016		
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Bruno Bytes Index

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Bruno Bytes Index

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Bruno Bytes Index

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Bruno Bytes Index

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Tummy Issues	http://postpolioinfo.com/library/SlowGuts.pdf	4/5/2015		
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Women Who Focus Negatively, Magnify Chronic Pain, More Likely to Be taking Prescribed Opioids	http://www.newswise.com/articles/view/676475/?sc=mwhn	6/19/2017		
Word Finding Difficulty as a Post Polio Sequelae	http://www.papolionetwork.org/uploads/9/9/7/0/99704804/word_finding_difficulty_and_pps_bruno_and_zimmerman_.pdf	11/17/17	1/21/2018	