

**Bruno Bytes INDEX (By Subject) - November 2014 through July 2018**
[www.papolionetwork.org](http://www.papolionetwork.org)

Topic	Bruno Byte	Month		
<b>Acceptance</b>	Befriending other Polio Survivors	<a href="#">1/16/2018</a>		
	Crying	<a href="#">11/3/2014</a>		
	Fear	<a href="#">6/15/2015</a>		
	Healing	<a href="#">9/14/2017</a>		
	Mindfulness	<a href="#">11/5/2015</a>		
	Persevering	<a href="#">1/3/2017</a>		
	Positive Thinking and Pain	<a href="#">6/19/2017</a>		
	Pushing Yourself too Far	<a href="#">12/4/2014</a>	<a href="#">5/13/2015</a>	<a href="#">12/9/2015</a>
		<a href="#">7/20/2016</a>		
		<a href="#">7/20/2016</a>		
<b>Anesthesia</b>	Anesthesia	<a href="#">8/18/2015</a>	<a href="#">8/21/2015</a>	<a href="#">3/29/2016</a>
		<a href="#">4/5/2016</a>	<a href="#">6/1/2018</a>	
	Fasting	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	
	General Anesthesia side effect - Urinary issues	<a href="#">7/13/2017</a>		
	Local Anesthetic	<a href="#">8/18/2015</a>		
	Sedation	<a href="#">4/5/2016</a>		
	Warning Card, Anesthesia	<a href="#">8/18/2015</a>	<a href="#">8/21/2015</a>	<a href="#">3/29/2016</a>
		<a href="#">4/5/2016</a>	<a href="#">6/1/2018</a>	
<b>Assistive Devices / Wheelchairs</b>	AFO (Ankle-Foot Orthoses) vs KFO (Knee-Foot Orthoses)	<a href="#">4/18/2016</a>	<a href="#">4/11/2017</a>	
	Bi-Pap	<a href="#">4/11/2015</a>	<a href="#">7/28/2015</a>	<a href="#">9/6/2015</a>
		<a href="#">1/10/2017</a>	<a href="#">7/23/2018</a>	
	Brace(s)	<a href="#">4/6/2015</a>	<a href="#">6/11/2016</a>	<a href="#">9/2/2016</a>
	Brace Adjustments	<a href="#">6/27/2017</a>		
	Brace(s), Podiatrist	<a href="#">4/6/2015</a>	<a href="#">6/11/2016</a>	
	Canes	<a href="#">5/10/2016</a>		
	Cleaning your CPAP/Bi-Pap	<a href="#">3/15/2018</a>		
	Cough Assist	<a href="#">2/21/2017</a>		
	CPAP	<a href="#">4/11/2015</a>	<a href="#">5/28/2015</a>	<a href="#">7/28/2015</a>
		<a href="#">9/6/2015</a>		
	Crutch, Single	<a href="#">2/18/2016</a>	<a href="#">7/9/2016</a>	<a href="#">4/11/2017</a>
	Crutches, Forearm	<a href="#">2/18/2016</a>	<a href="#">7/9/2016</a>	<a href="#">4/11/2017</a>

Bruno Bytes Index

	Daily Log	<a href="#">8/1/2017</a>		
	Disability Home Modifications, and Grants	<a href="#">8/24/2017</a>		
	DME (Durable Medical Equipment) Medicare Regulations for 2018	<a href="#">9/28/2017</a>		
	Falling	<a href="#">1/24/2017</a>		
	Functional Capabilities Evaluation for LTD	<a href="#">9/30/2015</a>		
	In-Exsufflator	<a href="#">2/21/2017</a>		
	Medical Alert Systems	<a href="#">1/5/2017</a>		
	Spinal Cord Stimulators	<a href="#">3/5/2015</a>	<a href="#">7/15/2017</a>	
	"Talking Library" for the blind and handicapped	<a href="#">7/18/2017</a>		
	Therapy Gloves	<a href="#">1/10/2017</a>		
	Traveling with a Disability	<a href="#">12/2/2017</a>		
	Walking	<a href="#">7/15/2015</a>	<a href="#">5/10/2016</a>	
	Wheelchair Bound	<a href="#">7/19/2015</a>	<a href="#">12/8/2015</a>	
	Wheelchair (and Equipment) "Scams"	<a href="#">3/28/2017</a>		
	Wheelchairs, extra light & power folding	<a href="#">7/19/2015</a>	<a href="#">3/17/2018</a>	
	Wheelchairs, Medicare Requirements	<a href="#">3/18/2017</a>		
<b>Bone</b>	Bone Density medications	<a href="#">4/6/2017</a>		
	Bone Density Studies	<a href="#">8/21/2017</a>		
	Bone Formation	<a href="#">4/2/2017</a>		
	Osteopenia (Bone loss)	<a href="#">11/7/2014</a>		
	Osteoporosis	<a href="#">11/7/2014</a>	<a href="#">2/6/2016</a>	<a href="#">3/8/2016</a>
		<a href="#">10/12/2016</a>	<a href="#">11/10/2016</a>	<a href="#">4/2/2017</a>
	Osteoarthritis	<a href="#">1/23/2017</a>		
	"Painful" Posture	<a href="#">7/24/2017</a>		
	Stem Cell Therapy	<a href="#">1/31/2015</a>		
<b>Books</b>	Life Skills for Polios: A light-hearted handbook	<a href="#">10/24/2017</a>		
	Reading Materials For and About Polio Survivors	<a href="#">12/21/2017</a>		
	Square Pegs, Round Holes 'n' Pigeonholes	<a href="#">4/9/2015</a>		
	The Polio Paradox	<a href="#">3/18/2017</a>	<a href="#">3/21/2018</a>	
	"Talking Library" for the blind and handicapped	<a href="#">7/18/2017</a>		
<b>Bowel/Bladder</b>	Bladder Control	<a href="#">7/29/2015</a>	<a href="#">12/6/2015</a>	<a href="#">2/6/2016</a>
		<a href="#">6/24/2016</a>		
	Bladder and Urinary Issues	<a href="#">7/13/2017</a>		
	Bladder Muscle Weakness	<a href="#">6/24/2016</a>	<a href="#">1/12/2017</a>	
	Constipation	<a href="#">3/28/2015</a>	<a href="#">2/9/2016</a>	<a href="#">5/7/2016</a>

Bruno Bytes Index

		<a href="#">2/8/2018</a>		
	Incontinance	<a href="#">2/6/2016</a>	<a href="#">3/8/2016</a>	<a href="#">1/12/2017</a>
	Menopause, Depression during	<a href="#">3/30/2017</a>		
	Parasympathetic Nervous System	<a href="#">10/8/2015</a>		
	Urinary Frequency	<a href="#">7/29/2015</a>	<a href="#">2/6/2016</a>	
	Urinary Urgency	<a href="#">7/29/2015</a>	<a href="#">2/6/2016</a>	
<b>D68 Enterovirus</b>	D68 Enterovirus, strain	<a href="#">1/9/2015</a>	<a href="#">3/31/2015</a>	
<b>Diagnosis</b>	Acute Flaccid Myelitis (AFM)	<a href="#">6/18/2018</a>		
	Adie's Tonic Pupil	<a href="#">7/31/2015</a>		
	A-Fib (and sleep studies)	<a href="#">5/25/2017</a>		
	ALS (Amyotrophic Lateral Sclerosis)	<a href="#">3/28/2016</a>		
	Aortic Stenosis	<a href="#">4/27/2018</a>		
	Arthritis	<a href="#">1/23/2017</a>		
	Barium Test	<a href="#">2/16/2015</a>		
	Cancer, Radiation and PPS Fatigue	<a href="#">9/20/2017</a>		
	Chronic Fatigue Syndrome	<a href="#">3/18/2017</a>		
	Correct Diagnosis, Polio Paradox	<a href="#">6/24/2016</a>		
	Dementia	<a href="#">4/11/2016</a>	<a href="#">9/8/2016</a>	
	Diagnosed Polio and PPS	<a href="#">12/14/2017</a>		
	Diaphragm Paralysis	<a href="#">2/14/2018</a>		
	Drop Foot	<a href="#">5/13/2015</a>		
	EMG (Electromyography)	<a href="#">7/20/2015</a>	<a href="#">8/25/2015</a>	<a href="#">2/1/2016</a>
		<a href="#">2/24/2016</a>	<a href="#">2/8/2017</a>	
	Gullian-Barre Syndrome	<a href="#">12/7/2015</a>		
	Lung Cancer	<a href="#">4/18/2016</a>	<a href="#">5/12/2016</a>	
	Obstructive Sleep Apnea (OSA)	<a href="#">5/10/2018</a>	<a href="#">5/16/2018</a>	
	Osteoporosis	<a href="#">5/7/2018</a>		
	Paralysis	<a href="#">8/24/2015</a>	<a href="#">2/14/2018</a>	
	"Polio Feet"	<a href="#">5/25/2017</a>		
	PPS Diagnosis	<a href="#">9/11/2017</a>		
	Raynaud's Disease	<a href="#">1/10/2017</a>		
	Sleep Apnea	<a href="#">3/15/2018</a>	<a href="#">5/9/2018</a>	<a href="#">5/16/18</a>
	Summer Disease, Polio	<a href="#">5/13/2015</a>	<a href="#">6/18/2015</a>	
	Summer Grippe	<a href="#">5/13/2015</a>		
	Undiagnosed Polio	<a href="#">5/13/2015</a>	<a href="#">6/8/2016</a>	

Bruno Bytes Index

<b>Diet</b>	Bellies and Diet	<a href="#">2/11/2018</a>		
	Breakfast Bars	<a href="#">2/23/2018</a>		
	Building Stamina	<a href="#">3/29/2015</a>		
	Butter consumption and Chronic Disease	<a href="#">6/30/2016</a>		
	Diet and Weightloss	<a href="#">2/21/2018</a>		
	Fasting	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	
	Fluids	<a href="#">8/25/2015</a>		
	Post-Polio Diet, Protein Power: Eat Well, Be Well	<a href="#">3/29/2015</a>	<a href="#">7/20/2016</a>	
	Protein, Daily amount	<a href="#">7/20/2016</a>	<a href="#">12/6/2016</a>	<a href="#">9/20/2017</a>
		<a href="#">2/11/2018</a>	<a href="#">2/23/2018</a>	
<b>Diagnostic Procedures &amp; Blood Tests</b>	ACTH blood test	<a href="#">11/1/2014</a>	<a href="#">11/3/2015</a>	
	ACTH stimulation test	<a href="#">11/1/2014</a>	<a href="#">11/3/2015</a>	
	Anesthesia	<a href="#">8/18/2015</a>	<a href="#">8/21/2015</a>	<a href="#">3/29/2016</a>
		<a href="#">4/5/2016</a>	<a href="#">12/15/2016</a>	<a href="#">6/1/2018</a>
	Barium Test	<a href="#">2/16/2015</a>	<a href="#">2/8/2018</a>	
	Blood Test, Antibodies	<a href="#">3/30/2015</a>	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>
	Bone Density Studies	<a href="#">8/21/2017</a>		
	"Drug Holiday" (Osteoporosis)	<a href="#">5/7/2018</a>		
	Electrolyte Panels	<a href="#">3/26/2015</a>		
	EMG (Electromyography)	<a href="#">7/20/2015</a>	<a href="#">8/25/2015</a>	<a href="#">2/1/2016</a>
		<a href="#">2/24/2016</a>	<a href="#">10/11/2016</a>	<a href="#">2/8/2017</a>
	Fasting	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	
	Hip Repair vs Replacement	<a href="#">12/16/2017</a>	<a href="#">3/8/2018</a>	
	Hip Replacement, Steroid injections	<a href="#">3/3/2016</a>	<a href="#">4/25/2017</a>	<a href="#">12/16/2017</a>
		<a href="#">3/8/2018</a>		
	Intravenous Immunoglobulin (IVIG) treating PPS	<a href="#">3/23/2015</a>		
	Knee Replacement	<a href="#">1/5/2015</a>	<a href="#">10/27/2015</a>	<a href="#">4/25/17</a>
	Local Anesthetic	<a href="#">8/18/2015</a>		
	Mini Mental Status Exam (MMSE)	<a href="#">3/18/2018</a>		
	Post-op Urinary Retention	<a href="#">7/13/2017</a>		
	Red Cell Count	<a href="#">9/20/2017</a>		
	Sedation	<a href="#">4/5/2016</a>		
	Sleep Study	<a href="#">1/10/2017</a>	<a href="#">5/25/2017</a>	<a href="#">11/9/2017</a>
		<a href="#">3/15/2018</a>	<a href="#">5/9/2018</a>	
	Spinal Fusion	<a href="#">8/18/2015</a>		

Bruno Bytes Index

	Stem Cell Therapy	<a href="#">1/31/2015</a>		
	Surgery	<a href="#">2/28/2015</a>	<a href="#">6/15/2015</a>	<a href="#">2/13/2016</a>
		<a href="#">11/7/2016</a>		
	Tracheotomy	<a href="#">12/27/2014</a>	<a href="#">4/19/2016</a>	
	Video Swallowing Study	<a href="#">7/20/2017</a>		
	Throat Paralysis	<a href="#">2/16/2015</a>		
	Tracheotomy	<a href="#">12/27/2014</a>		
	Upper Respiratory Issues and CO2	<a href="#">1/7/2016</a>		
	Vision	<a href="#">12/27/2014</a>	<a href="#">7/14/2016</a>	
	Voice Issues	<a href="#">8/28/2015</a>		
	Walking	<a href="#">7/15/2015</a>	<a href="#">5/10/2016</a>	<a href="#">1/3/2017</a>
	Word Finding Difficulty as a Post Polio Sequelae	<a href="#">11/17/2017</a>		
<b>Documentary</b>	Post Polio Syndrome broadcast by the Canadian Broadcasting Corp.	<a href="#">1/23/2017</a>		
<b>Drug/Medication</b>	Allergies, to medications	<a href="#">3/18/2017</a>		
	Antibiotics	<a href="#">8/13/2015</a>		
	Asking our Physicians about Medications	<a href="#">12/26/2016</a>		
	Beta Blockers, sideeffects	<a href="#">3/2/2015</a>		
	Blood Pressure, medications	<a href="#">3/19/2015</a>	<a href="#">12/7/2016</a>	<a href="#">11/15/2017</a>
	Bone Density, medications	<a href="#">4/6/2017</a>		
	Cardiac	<a href="#">12/7/2016</a>		
	Corticosteroids (Drug class)	<a href="#">3/6/2015</a>		
	"Drug Holiday" (Osteoporosis)	<a href="#">5/7/2018</a>		
	Drug Plan	<a href="#">10/10/2016</a>		
	Drugs...Their names sound the same, but ARE they the same?	<a href="#">1/13/2018</a>		
	Experimental drug for PPS "Brain" Fatigue	<a href="#">12/8/2016</a>		
	Extended Release (ER) Drugs, FDA Approval	<a href="#">8/10/2015</a>		
	FDA Guidelines	<a href="#">2/28/2016</a>	<a href="#">3/15/2016</a>	
	Flexeril (Cyclobenzaprine)	<a href="#">5/10/2015</a>		
	Gabapetin (Neurontin)	<a href="#">2/28/2016</a>	<a href="#">4/1/2016</a>	
	Ibuprophen	<a href="#">5/15/2017</a>		
	Interactions	<a href="#">12/1/2017</a>		
	Klonopin (Clanzepam)	<a href="#">5/10/2015</a>	<a href="#">1/13/2018</a>	
	Linzess (Linaclotide)	<a href="#">5/7/2016</a>		
	Marijuana, medical	<a href="#">11/3/2014</a>	<a href="#">2/28/2016</a>	<a href="#">3/28/2016</a>
		<a href="#">8/12/2016</a>	<a href="#">10/12/2016</a>	<a href="#">6/1/2018</a>

Bruno Bytes Index

	Mestinon	<a href="#">7/17/2018</a>		
	Opioids - Are They the Answer	<a href="#">1/18/2018</a>	<a href="#">3/13/2018</a>	<a href="#">7/16/2018</a>
	Osteoporosis medications	<a href="#">11/10/2016</a>	<a href="#">5/7/2018</a>	
	Pain Medications	<a href="#">5/9/2018</a>		
	Prescription Drug Prices	<a href="#">8/9/2017</a>	<a href="#">9/19/2017</a>	
	Provigil (Modafinil)	<a href="#">7/13/2016</a>	<a href="#">5/16/2018</a>	
	Prozac (Fluoxetine)	<a href="#">7/28/2016</a>		
	Questioning Prescription Drug Prices	<a href="#">6/30/2017</a>		
	Reactions, medication	<a href="#">2/19/2015</a>	<a href="#">3/18/2017</a>	
	Safety, drug	<a href="#">11/12/2015</a>		
	Shots vs Pills, (Article)	<a href="#">1/5/2015</a>		
	Side effects, drug	<a href="#">3/2/2015</a>	<a href="#">2/28/2016</a>	<a href="#">3/10/2016</a>
	Sleep, Medications	<a href="#">8/6/2015</a>	<a href="#">2/28/2016</a>	<a href="#">4/28/2016</a>
		<a href="#">4/23/2018</a>	<a href="#">7/27/2018</a>	
	Statin	<a href="#">12/4/2015</a>	<a href="#">1/1/2016</a>	<a href="#">1/12/2016</a>
		<a href="#">2/28/2016</a>	<a href="#">4/26/2016</a>	<a href="#">4/17/2018</a>
		<a href="#">6/1/2018</a>		
	Steroid Use	<a href="#">4/11/2017</a>	<a href="#">6/25/2017</a>	
	Steroid hormones	<a href="#">3/6/2015</a>		
	Using medications for PPS	<a href="#">7/13/2016</a>	<a href="#">4/2/2017</a>	
	Vitamin D	<a href="#">4/11/2017</a>		
	What your Pharmacist isn't telling you	<a href="#">8/12/2015</a>		
<b>Exercise</b>	Activity Log, Keeping	<a href="#">1/16/2016</a>		
	AFO (Ankle-Foot Orthoses) vs KFO (Knee-Foot Orthoses)	<a href="#">4/18/2016</a>		
	Building Stamina	<a href="#">3/29/2015</a>		
	Conserve to Preserve	<a href="#">12/4/2015</a>		
	Disuse Atrophy, Muscle	<a href="#">12/11/2015</a>	<a href="#">12/12/2015</a>	<a href="#">2/24/2016</a>
	Exercise	<a href="#">10/26/2017</a>		
	Exercise and Polio Damage	<a href="#">3/26/2018</a>		
	Exercise and PPS - A New Study	<a href="#">1/31/2018</a>		
	Exercise, Blood Sugar issues	<a href="#">1/13/2015</a>	<a href="#">1/17/2015</a>	
	Exercise, Chronic Fatigue	<a href="#">3/19/2017</a>		
	Exercising, Build Damaged Muscles	<a href="#">7/15/2015</a>	<a href="#">9/30/2015</a>	<a href="#">11/29/2015</a>
	Healing	<a href="#">9/14/2017</a>	<a href="#">9/26/2017</a>	
	Home Health PT	<a href="#">10/7/2015</a>	<a href="#">4/13/2016</a>	
	How to exercise on our own	<a href="#">5/16/2017</a>	<a href="#">8/23/2017</a>	

Bruno Bytes Index

	Kegal exercises	<a href="#">1/12/2017</a>		
	Limitations of PPS, understanding them	<a href="#">7/20/2016</a>		
	Muscle Strengthening	<a href="#">6/15/2018</a>		
	Neither Exercise nor Psychotherapy reduce Fatigue	<a href="#">8/25/2015</a>	<a href="#">8/1/2017</a>	
	Physical Activities and PPS Symptoms	<a href="#">8/1/2017</a>		
	Physical Therapy	<a href="#">10/7/2015</a>	<a href="#">1/12/2017</a>	<a href="#">6/13/2017</a>
		<a href="#">3/26/2018</a>	<a href="#">4/27/2018</a>	
	Pushing Yourself too Far	<a href="#">12/4/2014</a>	<a href="#">5/13/2015</a>	<a href="#">12/9/2015</a>
		<a href="#">7/20/2016</a>		
	Sitting, exercise CD	<a href="#">9/30/2015</a>		
	Walking	<a href="#">7/15/2015</a>	<a href="#">5/10/2016</a>	
<b>Fatigue</b>	Anemia	<a href="#">2/24/2015</a>		
	"Brain" Fatigue, experimental drugs for	<a href="#">12/8/2016</a>		
	Chronic Fatigue, and exercise	<a href="#">3/19/2017</a>	<a href="#">3/18/2017</a>	<a href="#">4/2/2017</a>
	Fainting	<a href="#">4/25/2015</a>		
	Fatigue	<a href="#">12/30/2014</a>	<a href="#">2/24/2015</a>	<a href="#">3/16/2015</a>
		<a href="#">4/25/2015</a>	<a href="#">5/1/2015</a>	<a href="#">5/13/2015</a>
		<a href="#">6/26/2015</a>	<a href="#">8/13/2015</a>	<a href="#">8/25/2015</a>
		<a href="#">11/10/2015</a>	<a href="#">8/1/2017</a>	<a href="#">9/20/2017</a>
		<a href="#">1/21/2018</a>	<a href="#">1/25/2018</a>	
	Fatigue and need for Sleep Study	<a href="#">11/9/2017</a>		
	Sleep - Is it necessary?	<a href="#">1/5/2018</a>	<a href="#">6/13/2018</a>	
	Upper Arms, New pain and fatigue	<a href="#">6/28/2016</a>		
<b>FDA</b>	Approval, Extended release (ER) Drugs	<a href="#">8/10/2015</a>		
	Guidelines, painkillers/drugs	<a href="#">2/28/2016</a>	<a href="#">3/15/2016</a>	
	Questioning Prescription Drug Prices	<a href="#">6/30/2017</a>	<a href="#">8/9/2017</a>	
	Regulating, Herbs & Spices	<a href="#">6/22/2015</a>		
	Staying "Quiet" / Dangers	<a href="#">4/8/2015</a>		
<b>Fiction</b>	Sir Arthur Clarke	<a href="#">3/15/2015</a>		
<b>Hands</b>	"Talking Library" for the blind and handicapped	<a href="#">7/18/2017</a>		
	Tremors	<a href="#">2/27/2016</a>		
	Weak, hands	<a href="#">11/29/2015</a>		
<b>Healthcare</b>	529 Accounts and tax free savings	<a href="#">5/6/2016</a>		
	Directory, "Good Doc"	<a href="#">4/5/2015</a>		
	Disability Deductions	<a href="#">12/19/2014</a>	<a href="#">3/5/2015</a>	<a href="#">4/9/2015</a>

Bruno Bytes Index

	Tax Deductions	<a href="#">4/6/2017</a>		
	Disability Home Modifications, and Grants	<a href="#">8/24/2017</a>		
	Drug Plan	<a href="#">10/10/2016</a>		
	Dry Needling Physical Therapy	<a href="#">2/25/2015</a>		
	Home Health PT	<a href="#">10/7/2015</a>	<a href="#">4/13/2016</a>	
	IRS Deductions	<a href="#">12/19/2014</a>	<a href="#">3/5/2015</a>	<a href="#">4/9/2015</a>
		<a href="#">5/6/2016</a>	<a href="#">4/6/2017</a>	
	Long Term Care	<a href="#">12/19/2014</a>	<a href="#">7/14/2016</a>	
	Long Term Disability, collecting	<a href="#">12/19/2014</a>	<a href="#">12/20/2014</a>	<a href="#">3/5/2015</a>
		<a href="#">9/30/2015</a>		
	Medicare, appropriate Treatment	<a href="#">12/19/2014</a>	<a href="#">3/5/2015</a>	<a href="#">10/7/2015</a>
		<a href="#">4/13/2016</a>	<a href="#">1/10/2017</a>	
	Medicare Denials, "Failure" to Improve	<a href="#">9/13/2016</a>		
	Medicare refusing payment for BiPap	<a href="#">7/23/2018</a>		
	Medicare Regulations, DME, for 2018	<a href="#">9/28/2017</a>		
	Medicare Requirements, for Power Wheelchairs	<a href="#">3/18/2017</a>		
	Pediatricians can help stop Polio, How	<a href="#">12/30/2014</a>		
	Physical Therapy	<a href="#">10/7/2015</a>	<a href="#">3/26/2018</a>	
	Prescription Drug Prices	<a href="#">8/9/2017</a>		
	Social Security	<a href="#">12/19/2014</a>	<a href="#">2/5/2017</a>	<a href="#">4/17/2018</a>
	What your Pharmacist isn't telling you	<a href="#">8/12/2015</a>		
<b>Legs</b>	AFO (Ankle-Foot Orthoses) vs KFO (Knee-Foot Orthoses)	<a href="#">4/18/2016</a>		
	Drop Foot	<a href="#">5/13/2015</a>		
	"Good" Knee Giving Out	<a href="#">12/22/2017</a>		
	Good Leg	<a href="#">5/1/2016</a>	<a href="#">2/8/2018</a>	
	Knee Pain	<a href="#">1/5/2015</a>	<a href="#">10/27/2015</a>	<a href="#">7/24/2017</a>
	Knee Pain Relief without Surgery	<a href="#">7/24/2017</a>		
	Numbness, Leg	<a href="#">12/11/2015</a>		
	"Polio Foot" turning color	<a href="#">12/7/2016</a>	<a href="#">5/25/2017</a>	
	Restless Legs	<a href="#">1/5/2015</a>	<a href="#">8/21/2015</a>	<a href="#">12/11/2015</a>
		<a href="#">4/1/2016</a>	<a href="#">9/1/2016</a>	
	Stiffness	<a href="#">2/8/2018</a>		
	Tired and Painful Legs	<a href="#">5/20/2018</a>		
	Twitching	<a href="#">1/5/2015</a>	<a href="#">8/21/2015</a>	<a href="#">12/11/2015</a>
		<a href="#">4/1/2016</a>		
	Walking	<a href="#">7/15/2015</a>	<a href="#">5/10/2016</a>	



Bruno Bytes Index

<b>Lungs</b>	Breathing Issues	<a href="#">5/20/2018</a>		
	Chest Congestion	<a href="#">2/21/2017</a>		
	Hazards of Oxygen	<a href="#">10/24/2017</a>		
	Iron Lung	<a href="#">11/21/2017</a>		
	Lung Cancer	<a href="#">4/18/2016</a>	<a href="#">5/12/2016</a>	
	Lung Function	<a href="#">9/20/2017</a>		
	Pulmonary Embolism (PE, lung embolism)	<a href="#">2/4/2016</a>		
	Upper Respiratory Issues and CO2	<a href="#">1/7/2016</a>		
<b>Medical</b>	Anxiety/Depression masking a true Medical Problem	<a href="#">6/27/2017</a>		
	Autopsy	<a href="#">12/11/2015</a>		
	Blood	<a href="#">11/1/2014</a>	<a href="#">1/31/2015</a>	<a href="#">2/24/2015</a>
		<a href="#">3/30/2015</a>	<a href="#">11/3/2015</a>	<a href="#">5/12/2016</a>
	Blood Pressure Guidelines	<a href="#">11/15/2017</a>		
	Brain	<a href="#">11/1/2014</a>	<a href="#">4/1/2015</a>	<a href="#">11/3/2015</a>
		<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	<a href="#">7/13/2016</a>
		<a href="#">7/23/2016</a>		
	Cancer	<a href="#">9/20/2017</a>		
	Cerebral Palsy and Polio, the difference	<a href="#">5/23/2016</a>		
	Directory, "Good Doc"	<a href="#">4/5/2015</a>		
	DME (Durable Medical Equipment) Medicare Regulations for 2018	<a href="#">9/28/2017</a>		
	Errors, Medical	<a href="#">5/3/2016</a>		
	Hormones	<a href="#">11/1/2014</a>	<a href="#">11/3/2015</a>	
	Neuron Function	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	<a href="#">8/11/2016</a>
		<a href="#">10/12/2016</a>		
	Neurons, regenerating in Polio Survivor	<a href="#">8/11/2016</a>		
	Parasympathetic Nervous System	<a href="#">10/8/2015</a>		
	Questioning Prescription Drug Prices	<a href="#">6/30/2017</a>	<a href="#">8/9/2017</a>	
	Transverse Myelitis; "Polio Like" illness	<a href="#">4/25/2016</a>		
<b>Medical Doctor</b>	David Bodian - Medical scientist and teacher - Salk and Sabin polio vaccines	<a href="#">6/30/2016</a>		
	Extended release (ER) Drugs	<a href="#">8/10/2015</a>		
	Inactivated Sabin Vaccine	<a href="#">2/6/2015</a>		
	Dr. John Bach - Moving Beyond the Iron Lung	<a href="#">10/24/2017</a>	<a href="#">2/14/2018</a>	
	Dr. John Bach - The Breathe BB Forum	<a href="#">5/20/2018</a>		
<b>Muscle</b>	Cerebral Palsy and Polio, the difference	<a href="#">5/23/2016</a>		

Bruno Bytes Index

	Cramps, Muscle	<a href="#">8/25/2015</a>	<a href="#">10/20/2015</a>	<a href="#">12/11/2015</a>
		<a href="#">12/12/2015</a>	<a href="#">2/24/2016</a>	<a href="#">4/20/2016</a>
	Disuse Atrophy, Muscle	<a href="#">12/11/2015</a>	<a href="#">12/12/2015</a>	<a href="#">2/24/2016</a>
	EMG (Electromyography)	<a href="#">7/20/2015</a>	<a href="#">8/25/2015</a>	<a href="#">2/1/2016</a>
		<a href="#">2/24/2016</a>		
	Motor Neurons and Brain Stem Deterioration	<a href="#">12/29/2015</a>		
	Pain, Muscle	<a href="#">5/8/2015</a>	<a href="#">9/26/2015</a>	<a href="#">10/24/2015</a>
		<a href="#">11/3/2015</a>	<a href="#">12/4/2015</a>	<a href="#">9/18/2017</a>
		<a href="#">6/1/2018</a>		
	Spasms, Muscle	<a href="#">10/20/2015</a>	<a href="#">12/11/2015</a>	<a href="#">12/12/2015</a>
		<a href="#">2/24/2016</a>	<a href="#">4/20/2016</a>	<a href="#">5/24/2018</a>
	Strengthening, Muscle	<a href="#">6/15/2018</a>		
	Tone Loss, Muscle	<a href="#">11/29/2015</a>	<a href="#">12/11/2015</a>	<a href="#">12/12/2015</a>
		<a href="#">9/2/2016</a>		
	Weakness, Muscle	<a href="#">5/13/2015</a>	<a href="#">12/7/2015</a>	<a href="#">6/30/2016</a>
	Which muscles were affected by Polio	<a href="#">5/17/2017</a>		
<b>Nervous System</b>	Gullian-Barre Syndrome	<a href="#">12/7/2015</a>		
	Parasympathetic Nervous System	<a href="#">10/8/2015</a>		
<b>Non-Paralytic Polio</b>	Summer "Grippe"	<a href="#">5/13/2015</a>		
<b>Oxygen</b>	Breathing	<a href="#">10/29/2015</a>	<a href="#">7/23/2016</a>	<a href="#">2/14/2018</a>
		<a href="#">5/20/2018</a>		
	CPAP	<a href="#">4/11/2015</a>	<a href="#">5/28/2015</a>	<a href="#">7/28/2015</a>
		<a href="#">9/6/2015</a>		
	Fainting	<a href="#">4/25/2015</a>		
	Hazards of Oxygen	<a href="#">10/24/2017</a>		
	Pulmonary Embolism (PE, lung embolism)	<a href="#">2/4/2016</a>		
	Walking	<a href="#">7/15/2015</a>	<a href="#">5/10/2016</a>	
	Upper Respiratory Issues and CO2	<a href="#">1/7/2016</a>		
	Oxygen use vs. BiPap	<a href="#">4/11/2015</a>	<a href="#">7/28/2015</a>	<a href="#">9/6/2015</a>
		<a href="#">1/10/2017</a>		
	Oxygen, too much	<a href="#">4/11/2015</a>		
<b>Pain</b>	Back	<a href="#">11/7/2014</a>	<a href="#">2/6/2016</a>	<a href="#">3/8/2016</a>
		<a href="#">6/27/2017</a>		
	High Threshold	<a href="#">10/24/2015</a>		
	Joint pain	<a href="#">6/24/2016</a>		

Bruno Bytes Index

	Knee	<a href="#">1/5/2015</a>	<a href="#">10/27/2015</a>	<a href="#">7/24/2017</a>
	Knee Pain Relief without Surgery	<a href="#">7/24/2017</a>		
	Leg	<a href="#">1/5/2015</a>	<a href="#">5/13/2015</a>	<a href="#">5/20/2018</a>
	Lower Back	<a href="#">5/13/2015</a>	<a href="#">8/18/2015</a>	<a href="#">10/24/2015</a>
		<a href="#">11/3/2015</a>	<a href="#">3/16/2016</a>	
	Management, Meditation	<a href="#">11/12/2015</a>		
	Pain Medications	<a href="#">5/9/2018</a>		
	Muscle	<a href="#">5/8/2015</a>	<a href="#">9/26/2015</a>	<a href="#">10/24/2015</a>
		<a href="#">11/3/2015</a>	<a href="#">12/4/2015</a>	
	Neck	<a href="#">8/18/2015</a>	<a href="#">7/14/2016</a>	<a href="#">5/24/2018</a>
	Pain and Depression	<a href="#">3/21/2018</a>		
	"Painful" Posture	<a href="#">7/24/2017</a>		
	Polio Survivors and Pain	<a href="#">3/26/2017</a>		
	Polio Survivors Handbook	<a href="#">7/24/2017</a>		
	Positive Thinking and Pain	<a href="#">6/19/2017</a>		
	Pressure Pain	<a href="#">3/2/2015</a>		
	Rib Cage	<a href="#">10/24/2015</a>	<a href="#">11/3/2015</a>	<a href="#">2/26/2016</a>
	Shots vs Pills, (Article)	<a href="#">1/5/2015</a>		
	Slow Healing after an Injury	<a href="#">9/26/2017</a>		
	Upper Arms, New pain and fatigue	<a href="#">6/28/2016</a>		
<b>Pain Management / Pain Relief</b>	Acupuncture, for pain	<a href="#">7/4/2018</a>		
	Anesthesia	<a href="#">8/18/2015</a>	<a href="#">8/21/2015</a>	<a href="#">3/29/2016</a>
		<a href="#">4/5/2016</a>	<a href="#">6/1/2018</a>	
	Knee Pain Relief without Surgery	<a href="#">7/24/2017</a>		
	Meditation	<a href="#">11/12/2015</a>		
	Non-Opioid, relief	<a href="#">6/13/2016</a>	<a href="#">7/16/2018</a>	
	Pain Control for Polio Survivors	<a href="#">6/25/2017</a>	<a href="#">5/9/2018</a>	
	Spinal Cord Stimulators	<a href="#">3/5/2015</a>	<a href="#">7/15/2017</a>	
	TENS Unit (Transcutaneous Electrical Nerve Stimulation)	<a href="#">9/26/2015</a>		
<b>Paralysis</b>	D68 Enterovirus, Paralysis	<a href="#">1/9/2015</a>	<a href="#">3/31/2015</a>	
	Diaphragm Paralysis	<a href="#">2/14/2018</a>		
	Paralysis	<a href="#">5/13/2015</a>	<a href="#">8/24/2015</a>	
	Paralysis, Throat	<a href="#">2/16/2015</a>		
<b>Polio</b>	Brain Tumor, Cure	<a href="#">4/1/2015</a>	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>
	Bulbar Polio (Brainstem)	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	<a href="#">7/13/2016</a>

Bruno Bytes Index

		<a href="#">7/23/2016</a>		
	Cancer Cells	<a href="#">5/12/2016</a>		
	Cerebral Palsy and Polio, the difference	<a href="#">5/23/2016</a>		
	Diagnosed Polio and PPS	<a href="#">12/14/2017</a>		
	Dopamine Producing Neurons, and Polio	<a href="#">5/3/2018</a>		
	Eradicate Polio, New Science	<a href="#">1/20/2017</a>		
	Exercise and Polio Damage	<a href="#">3/26/2018</a>		
	Fear	<a href="#">6/15/2015</a>		
	Getting Polio from the Vaccine in 1955	<a href="#">12/27/2014</a>	<a href="#">2/22/2015</a>	
	High Blood Pressure and Polio	<a href="#">3/19/2015</a>	<a href="#">6/12/2016</a>	<a href="#">7/14/2018</a>
	History	<a href="#">5/13/2015</a>		
	Neurons, regenerating in Polio Survivor	<a href="#">8/11/2016</a>	<a href="#">5/3/2018</a>	
	Non-Paralytic Polio	<a href="#">5/13/2015</a>		
	"Old" Polio and EMG	<a href="#">10/11/2016</a>		
	Outbreaks in US	<a href="#">4/27/2015</a>	<a href="#">7/16/2015</a>	
	Paradox, Polio	<a href="#">12/16/2014</a>	<a href="#">6/24/2016</a>	
	Parkinson's Like Symptoms	<a href="#">3/11/2016</a>		
	"Patch" to Deliver the Polio Vaccine	<a href="#">10/14/2017</a>		
	Pediatricians can help stop Polio, How	<a href="#">12/30/2014</a>		
	Polio	<a href="#">5/13/2015</a>		
	Polio and the Temporal Lobe	<a href="#">11/17/2017</a>		
	Polio Arms and Polio Legs	<a href="#">2/8/2018</a>		
	"Polio Foot" turning color	<a href="#">12/7/2016</a>	<a href="#">5/25/2017</a>	
	"Polio Like" mysterious disease	<a href="#">11/4/2016</a>		
	"Polio Like" Virus	<a href="#">10/6/2016</a>		
	Polio Survivors and Pain	<a href="#">3/26/2017</a>		
	Polio Survivors having PTSD	<a href="#">11/13/2016</a>		
	Polio Survivor having Surgery	<a href="#">11/7/2016</a>		
	Polio Virus	<a href="#">5/12/2016</a>	<a href="#">1/12/2018</a>	
	Polio Virus being discovered in Australia	<a href="#">12/15/2017</a>		
	Polio Virus - It just Wont Go Away	<a href="#">1/12/2018</a>		
	Services from ICEP	<a href="#">1/25/2018</a>		
	Sibling having a "mild" case of Polio	<a href="#">6/20/2017</a>		
	Spinal Polio (Spinal cord)	<a href="#">7/13/2016</a>	<a href="#">7/23/2016</a>	
	Summer Disease, Polio	<a href="#">5/13/2015</a>	<a href="#">6/18/2015</a>	
	Survivors and Osteoporosis	<a href="#">6/16/2016</a>		

Bruno Bytes Index

	Transverse Myelitis; "Polio Like" illness	<a href="#">4/25/2016</a>		
	Type	<a href="#">5/13/2015</a>	<a href="#">7/13/2016</a>	<a href="#">7/23/2016</a>
	Type 1, Epidemic virus	<a href="#">5/13/2015</a>		
	Type 2	<a href="#">5/13/2015</a>	<a href="#">1/1/2017</a>	
	Undiagnosed Polio	<a href="#">5/13/2015</a>	<a href="#">6/8/2016</a>	
	Wild Polio	<a href="#">4/27/2015</a>	<a href="#">7/16/2015</a>	
<b>Polio and Chronic Fatigue</b>	Polio-Chronic Fatigue Link Explored	<a href="#">5/13/2015</a>	<a href="#">1/21/2018</a>	<a href="#">1/25/2018</a>
	Chronic Fatigue and Exercise	<a href="#">3/19/2017</a>	<a href="#">1/31/2018</a>	
	Chronic Fatigue, Getting it Wrong	<a href="#">3/18/2017</a>	<a href="#">4/2/2017</a>	
	Sleep - Is it Necessary?	<a href="#">1/5/2018</a>	<a href="#">6/13/2018</a>	
<b>Polio Survivors</b>	Befriending other Polio Survivors	<a href="#">1/16/2018</a>		
	Cardinal Edward Egan	<a href="#">3/10/2015</a>		
	Daily Log	<a href="#">8/1/2017</a>		
	Polio survivors	<a href="#">9/30/2015</a>	<a href="#">4/19/2016</a>	<a href="#">11/7/2016</a>
	Polio Survivors and Pain	<a href="#">3/26/2017</a>	<a href="#">6/25/2017</a>	
	Polio Survivors having PTSD	<a href="#">11/13/2016</a>		
	Psychological Support for Polio Survivors	<a href="#">8/21/2017</a>		
	Reading Materials For and About Polio Survivors	<a href="#">12/21/2017</a>		
	Sir Arthur Clarke, Fiction writer	<a href="#">3/15/2015</a>		
	"testing" the limits	<a href="#">5/21/2017</a>		
<b>Post Polio Syndrome (PPS)...and</b>	Acupuncture, for pain	<a href="#">7/4/2018</a>		
	ALS and "Other" Diagnosis	<a href="#">10/17/2017</a>		
	Anesthesia	<a href="#">12/15/2016</a>		
	Arthritis	<a href="#">1/23/2017</a>		
	Bladder Muscle Weakness	<a href="#">6/24/2016</a>	<a href="#">1/12/2017</a>	
	"Brain" Fatigue, experimental drugs for	<a href="#">12/8/2016</a>		
	Cardinal Edward Egan	<a href="#">3/10/2015</a>		
	CFS/ME and was it <i>Really</i> Polio	<a href="#">12/29/2016</a>		
	Constipation and PPS	<a href="#">3/28/2015</a>	<a href="#">2/9/2016</a>	<a href="#">5/7/2016</a>
		<a href="#">6/11/2016</a>		
	Corticosteroids and Polio Survivors, NIH Study	<a href="#">3/6/2015</a>		
	Dementia and PPS	<a href="#">4/11/2016</a>	<a href="#">9/8/2016</a>	
	Diagnosis and PPS	<a href="#">9/11/2017</a>		
	Diet, Protein Power: Eat Well, Be Well	<a href="#">3/29/2015</a>	<a href="#">7/20/2016</a>	
	EMG and PPS	<a href="#">7/20/2015</a>	<a href="#">8/25/2015</a>	<a href="#">2/1/2016</a>

Bruno Bytes Index

		<a href="#">2/24/2016</a>		
	Existence, The truth of PPS	<a href="#">1/3/2015</a>		
	Fatigue	<a href="#">9/20/2017</a>	<a href="#">1/21/2018</a>	<a href="#">1/25/2018</a>
	Hearing Issues, Susceptibility to	<a href="#">2/26/2015</a>		
	High blood pressure	<a href="#">3/19/2015</a>	<a href="#">6/12/2016</a>	<a href="#">7/14/2018</a>
	Homeopathic remedies	<a href="#">6/13/2016</a>		
	Illness or Trauma Preceding PPS	<a href="#">8/9/2017</a>		
	Inflammation, Post-Polio Sequelae	<a href="#">12/4/2015</a>		
	Intravenous Immunoglobulin (IVIG) treating PPS	<a href="#">3/23/2015</a>		
	IVIG (Intravenous Immounoglabulin) and PPS	<a href="#">11/25/2017</a>		
	Joint pain	<a href="#">6/24/2016</a>		
	Limitations of PPS, understanding them	<a href="#">7/20/2016</a>		
	Loss of Motor Neurons (Anterior "Horn" cells)	<a href="#">4/30/2018</a>		
	Lung Cancer and PPS	<a href="#">4/18/2016</a>	<a href="#">5/12/2016</a>	
	Medications for PPS,using	<a href="#">7/13/2016</a>		
	Memory and Sugar	<a href="#">7/22/2018</a>		
	Mild case of Polio and PPS	<a href="#">4/17/2016</a>		
	Mild case of Polio and PPS	<a href="#">4/17/2016</a>		
	Multiple symptoms and PPS	<a href="#">3/15/2018</a>		
	Neuropothy	<a href="#">10/12/2016</a>		
	Pain	<a href="#">5/13/2015</a>		
	Paralysis	<a href="#">5/13/2015</a>	<a href="#">8/24/2015</a>	
	Physical Therapy and PPS	<a href="#">3/26/2018</a>		
	Polio	<a href="#">3/10/2015</a>	<a href="#">5/13/2015</a>	
	Post Polio Sequale	<a href="#">3/25/2015</a>		
	Protein for Polio Survivors, Daily amount	<a href="#">7/20/2016</a>	<a href="#">12/6/2016</a>	
	Raynaud's Disease	<a href="#">1/10/2017</a>		
	Risk Factors	<a href="#">9/11/2016</a>		
	Sequalae	<a href="#">2/5/2017</a>		
	Sir Arthur Clarke	<a href="#">3/15/2015</a>		
	Sleep Characteristics and PPS	<a href="#">9/1/2016</a>	<a href="#">4/2/2017</a>	
	Sleep Medications, Post-Polio	<a href="#">8/6/2015</a>	<a href="#">2/28/2016</a>	<a href="#">4/28/2016</a>
	Stem Cells curing PPS	<a href="#">6/23/2016</a>		
	Survivors that get PPS, Percentage	<a href="#">10/22/2015</a>		
	Trauma or Illness Preceding PPS	<a href="#">8/9/2017</a>		
	United Kingdom, PPS in the	<a href="#">2/7/2017</a>		

Bruno Bytes Index

	Voice Issues and PPS	<a href="#">8/28/2015</a>		
<b>Research(er)</b>	Albert Sabin	<a href="#">5/13/2015</a>		
	Muscle Pain and Statins	<a href="#">6/1/2018</a>		
	Sleep Scientist, Daniel Gartenberg	<a href="#">6/13/2018</a>		
	University of Queensland	<a href="#">10/14/2017</a>		
<b>Scam Alert(s)</b>	Power wheelchair (and Equipment)	<a href="#">3/28/2017</a>		
<b>Science</b>	Eradicate Polio, New Science to	<a href="#">1/20/2017</a>		
<b>Side effects</b>	Beta Blockers	<a href="#">3/2/2015</a>	<a href="#">2/28/2016</a>	<a href="#">3/10/2016</a>
	General anesthesia - post-op urinary side effects	<a href="#">7/13/2017</a>		
	High blood pressure	<a href="#">3/19/2015</a>	<a href="#">6/12/2016</a>	<a href="#">7/14/2018</a>
	Reactions, medication	<a href="#">2/19/2015</a>	<a href="#">3/18/2017</a>	
<b>Speech and Swallowing</b>	Swallowing	<a href="#">3/28/2015</a>	<a href="#">11/11/2015</a>	<a href="#">2/26/2016</a>
		<a href="#">7/23/2016</a>	<a href="#">7/20/2017</a>	<a href="#">2/8/2018</a>
	Swallowing, difficulties/issues	<a href="#">3/28/2015</a>	<a href="#">11/11/2015</a>	<a href="#">2/26/2016</a>
		<a href="#">7/23/2016</a>	<a href="#">7/20/2017</a>	<a href="#">2/8/2018</a>
	Video Swallowing Study	<a href="#">7/20/2017</a>		
	Voice Issues and PPS	<a href="#">8/28/2015</a>		
<b>Spine/Back</b>	Cerebral Palsy and Polio, the difference	<a href="#">5/23/2016</a>		
	Chiropractic Care	<a href="#">12/18/2015</a>		
	Lower Back	<a href="#">5/13/2015</a>	<a href="#">8/18/2015</a>	<a href="#">10/24/2015</a>
		<a href="#">11/3/2015</a>	<a href="#">3/16/2016</a>	
	Motor Neurons and Brain Stem Deterioration	<a href="#">12/29/2015</a>		
	Neuron Function	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	<a href="#">10/12/2016</a>
	Osteopenia (Bone loss)	<a href="#">11/7/2014</a>		
	Osteoporosis	<a href="#">11/7/2014</a>	<a href="#">2/6/2016</a>	<a href="#">3/8/2016</a>
		<a href="#">6/16/2016</a>	<a href="#">11/10/2016</a>	<a href="#">4/2/2017</a>
		<a href="#">5/7/2018</a>		
	"Painful" Posture	<a href="#">7/24/2017</a>		
	Spinal Cord Stimulator Therapy	<a href="#">3/5/2015</a>	<a href="#">7/15/2017</a>	
	Spinal Fusion	<a href="#">8/18/2015</a>		
	Spinal Polio (Spinal cord)	<a href="#">7/13/2016</a>	<a href="#">7/23/2016</a>	
	Spinal Stenosis (narrowing)	<a href="#">3/23/2016</a>		
	Sway Backed	<a href="#">3/2/2015</a>		
	TENS Unit (Transcutaneous Electrical Nerve Stimulation)	<a href="#">9/26/2015</a>		
	Transverse Myelitis; "Polio Like" illness	<a href="#">4/25/2016</a>		

Bruno Bytes Index

<b>Study</b>	Bone Density Studies	<a href="#">8/21/2017</a>		
	Depression during Menopause	<a href="#">3/30/2017</a>		
	IVIG (Intravenous Immunoglobulin) and PPS	<a href="#">11/25/2017</a>		
	Memory and Sugar	<a href="#">7/22/2018</a>		
	NIH Study of Polio Survivors and Corticosteroids	<a href="#">3/6/2015</a>		
	Novel patch can better deliver Polio Vaccines	<a href="#">10/14/2017</a>		
	Post-Polio Brain Fatigue	<a href="#">6/30/2016</a>		
	Psychological Support for Polio Survivors	<a href="#">8/21/2017</a>		
	Sleep Deprivation Disrupts Brain-cell Communication	<a href="#">11/9/2017</a>	<a href="#">1/5/2018</a>	<a href="#">1/9/2018</a>
	The Key to Weight Loss Is Diet Quality, Not Quantity	<a href="#">2/21/2018</a>		
<b>Study, Participating in a</b>	STUDY TO FIND GENETIC SUSCEPTIBILITY CAUSING AFM (Acute Flaccid Myelitis)	<a href="#">6/18/2018</a>		
<b>Supplements</b>	Anti-inflammatory, Herbals	<a href="#">12/4/2015</a>	<a href="#">5/19/2016</a>	
	Calcium	<a href="#">3/17/2015</a>		
	Coenzyme Q-10	<a href="#">12/22/2015</a>		
	Do They Help? - Caution.	<a href="#">1/9/2018</a>		
	FDA Regulating, Herbs & Spices	<a href="#">6/22/2015</a>		
	Herbals	<a href="#">6/22/2015</a>	<a href="#">5/19/2016</a>	
	Homeopathic remedies and PPS	<a href="#">6/13/2016</a>		
	Magnesium	<a href="#">1/9/2018</a>		
	Omega 3	<a href="#">2/3/2015</a>		
	Plant-Based Polio Booster	<a href="#">7/23/2016</a>		
	Protein for Polio Survivors, Daily amount	<a href="#">7/20/2016</a>	<a href="#">12/6/2016</a>	
	Vitamin D	<a href="#">4/11/2017</a>		
<b>Swallowing</b>	Swallowing	<a href="#">3/28/2015</a>	<a href="#">11/11/2015</a>	<a href="#">2/26/2016</a>
		<a href="#">7/23/2016</a>	<a href="#">7/20/2017</a>	<a href="#">2/8/2018</a>
	Swallowing, difficulties/issues	<a href="#">3/28/2015</a>	<a href="#">11/11/2015</a>	<a href="#">2/26/2016</a>
		<a href="#">7/23/2016</a>	<a href="#">7/20/2017</a>	<a href="#">2/8/2018</a>
	Video Swallowing Study	<a href="#">7/20/2017</a>		
<b>Symptoms</b>	Adie's Tonic Pupil	<a href="#">7/31/2015</a>		
	Anemia	<a href="#">2/24/2015</a>		
	Anger	<a href="#">3/20/2018</a>		
	Anxiety/Depression masking a true Medical Problem	<a href="#">6/27/2017</a>	<a href="#">1/5/2018</a>	<a href="#">3/24/2018</a>
	Body Thermostat, Cold	<a href="#">11/7/2014</a>	<a href="#">10/20/2015</a>	<a href="#">12/13/2015</a>
		<a href="#">7/1/2016</a>	<a href="#">1/10/2017</a>	



Bruno Bytes Index

	Body Thermostat, Hot/warm	<a href="#">10/20/2015</a>	<a href="#">7/1/2016</a>	
	Brain Fog	<a href="#">3/21/2018</a>	<a href="#">5/3/2018</a>	
	Breathing, issues	<a href="#">10/29/2015</a>	<a href="#">7/23/2016</a>	<a href="#">5/20/2018</a>
	Cellulitis	<a href="#">5/28/2015</a>		
	Constipation	<a href="#">3/28/2015</a>	<a href="#">2/9/2016</a>	<a href="#">5/7/2016</a>
		<a href="#">2/8/2018</a>		
	Depression and Pain	<a href="#">3/21/2018</a>	<a href="#">4/23/2018</a>	
	Depression during Menopause	<a href="#">3/30/2017</a>		
	Energy, Lack of	<a href="#">3/15/2017</a>		
	Fainting	<a href="#">4/25/2015</a>		
	Fatigue	<a href="#">12/30/2014</a>	<a href="#">2/24/2015</a>	<a href="#">3/16/2015</a>
		<a href="#">4/25/2015</a>	<a href="#">5/1/2015</a>	<a href="#">5/13/2015</a>
		<a href="#">6/26/2015</a>	<a href="#">8/13/2015</a>	<a href="#">8/25/2015</a>
		<a href="#">11/10/2015</a>	<a href="#">3/19/2017</a>	<a href="#">4/2/2017</a>
		<a href="#">1/21/2018</a>		
	Flu like	<a href="#">5/13/2015</a>	<a href="#">1/18/2018</a>	
	Flue Symptoms	<a href="#">1/18/2018</a>		
	Hand Tremors	<a href="#">2/27/2016</a>		
	Hands, Weak	<a href="#">11/29/2015</a>		
	High blood pressure	<a href="#">3/19/2015</a>	<a href="#">6/12/2016</a>	
	Inflammation	<a href="#">12/4/2015</a>		
	Leveling Off, symptoms	<a href="#">10/24/2015</a>		
	Memory Issues	<a href="#">1/21/2018</a>	<a href="#">5/3/2018</a>	
	Memory and Sugar	<a href="#">7/22/2018</a>		
	Multiple symptoms and PPS	<a href="#">3/15/2018</a>		
	Muscle, Weakness	<a href="#">5/13/2015</a>	<a href="#">12/7/2015</a>	<a href="#">6/30/2016</a>
	Numbness, Leg	<a href="#">12/11/2015</a>		
	Parkinson's Like Symptoms	<a href="#">3/11/2016</a>		
	Physical Activities and PPS Symptoms	<a href="#">8/1/2017</a>		
	Pressure Sores	<a href="#">3/2/2015</a>	<a href="#">7/29/2015</a>	
	PTSD	<a href="#">3/26/2015</a>	<a href="#">11/13/2016</a>	
	Restless Legs	<a href="#">1/5/2015</a>	<a href="#">8/21/2015</a>	<a href="#">12/11/2015</a>
		<a href="#">4/1/2016</a>		
	Sprains, Strains and Tears	<a href="#">2/27/2017</a>		
	Stiff Neck	<a href="#">5/13/2015</a>		
	Stiffness, in non-polio leg	<a href="#">2/8/2018</a>		

Bruno Bytes Index

	Stomach, issues	<a href="#">4/5/2015</a>		
	Stress	<a href="#">11/1/2014</a>	<a href="#">11/3/2015</a>	
	Swallowing, difficulties/issues	<a href="#">3/28/2015</a>	<a href="#">11/11/2015</a>	<a href="#">2/26/2016</a>
		<a href="#">7/23/2016</a>	<a href="#">2/8/2018</a>	
	Sway Backed	<a href="#">3/2/2015</a>		
	Sweating - Is it a Post-Polio "Thing"?	<a href="#">1/22/2018</a>		
	Throat Paralysis	<a href="#">2/16/2015</a>		
	Tingling	<a href="#">12/7/2015</a>		
	Tired/Painful Legs	<a href="#">5/20/2018</a>		
	Transverse Myelitis; "Polio Like" illness	<a href="#">4/25/2016</a>		
	Twitching	<a href="#">1/5/2015</a>	<a href="#">8/21/2015</a>	<a href="#">12/11/2015</a>
		<a href="#">4/1/2016</a>		
	Vertigo	<a href="#">7/14/2016</a>		
	Vision, issues	<a href="#">12/27/2014</a>	<a href="#">7/14/2016</a>	
	Weakness, "good" leg	<a href="#">5/1/2016</a>		
<b>Therapy</b>	Bi-Pap	<a href="#">4/11/2015</a>	<a href="#">7/28/2015</a>	<a href="#">9/6/2015</a>
		<a href="#">1/10/2017</a>		
	Chiropractic Care	<a href="#">12/18/2015</a>		
	CPAP	<a href="#">4/11/2015</a>	<a href="#">5/28/2015</a>	<a href="#">7/28/2015</a>
		<a href="#">9/6/2015</a>		
	Directory, "Good Doc"	<a href="#">4/5/2015</a>		
	Dry Needling, Physical Therapy	<a href="#">2/25/2015</a>		
	Healing	<a href="#">9/14/2017</a>		
	Home Health PT	<a href="#">10/7/2015</a>	<a href="#">4/13/2016</a>	
	Home Therapy	<a href="#">4/25/2017</a>		
	Kinesology Tape	<a href="#">9/18/2017</a>		
	Meditation	<a href="#">11/5/2015</a>	<a href="#">11/12/2015</a>	
	Mindfulness	<a href="#">11/5/2015</a>		
	Napping	<a href="#">12/30/2014</a>	<a href="#">6/13/2018</a>	
	Neither Exercise nor Psychotherapy reduce Fatigue	<a href="#">8/25/2015</a>		
	Physical Therapy	<a href="#">2/25/2015</a>	<a href="#">10/7/2015</a>	<a href="#">1/12/2017</a>
	Physiatrist, Seeing a	<a href="#">6/1/2018</a>		
	Spinal Cord Stimulator Therapy	<a href="#">3/5/2015</a>		
	Strengthening	<a href="#">5/13/2015</a>		
	Walking	<a href="#">7/15/2015</a>	<a href="#">5/10/2016</a>	

## Bruno Bytes Index

<b>Throat</b>	Lung Cancer	<a href="#">4/18/2016</a>	<a href="#">5/12/2016</a>	
	Neck Pain	<a href="#">7/14/2016</a>	<a href="#">5/24/2018</a>	
	Obstructive Sleep Apnea (OSA)	<a href="#">5/10/2018</a>	<a href="#">5/16/2018</a>	
	Paralysis, Throat	<a href="#">2/16/2015</a>		
	Tracheotomy	<a href="#">12/27/2014</a>	<a href="#">4/19/2016</a>	
	Vagus Nerve	<a href="#">2/8/2018</a>		
<b>Types of Polio</b>	Bulbar Polio (Brainstem)	<a href="#">12/12/2015</a>	<a href="#">12/29/2015</a>	<a href="#">7/13/2016</a>
		<a href="#">7/23/2016</a>	<a href="#">5/24/2018</a>	
	Non-Paralytic Polio	<a href="#">5/13/2015</a>		
	"Old" Polio and EMG	<a href="#">10/11/2016</a>		
	Spinal Polio (Spinal cord)	<a href="#">7/13/2016</a>	<a href="#">7/23/2016</a>	
	Type 1, Epidemic virus	<a href="#">5/13/2015</a>		
	Type 2,	<a href="#">5/13/2015</a>	<a href="#">1/17/2017</a>	
	Type A, Personality	<a href="#">5/28/2015</a>		
	Type, Polio	<a href="#">7/13/2016</a>	<a href="#">7/23/2016</a>	
<b>Vaccine(s)</b>	Children of Polio Survivors needing to have the Polio Vaccine	<a href="#">6/17/2016</a>		
	"Fake News" and Vaccines	<a href="#">4/26/2018</a>		
	Flu and Pneumonia vaccines	<a href="#">10/30/2017</a>		
	Full Dose, polio vaccine	<a href="#">12/27/2014</a>	<a href="#">3/10/2015</a>	
	Getting Polio from the Vaccine in 1955	<a href="#">12/27/2014</a>	<a href="#">2/22/2015</a>	
	"Patch" to Deliver the Polio Vaccine	<a href="#">10/14/2017</a>		
	Plant-Based Polio Booster	<a href="#">7/23/2016</a>		
	Polio Virus Transmission & CDC Interim Guidance on Vaccine Requirements for Americans and Those Who Travel, WHO (World Health Organization)	<a href="#">12/26/2014</a>		
	Resistant Strain, vaccine	<a href="#">11/10/2014</a>		
	Sabin, Inactivated Vaccine	<a href="#">2/6/2015</a>		
	Salk & Sabin vaccine, passed antibodies	<a href="#">4/26/2018</a>		
	Shingles	<a href="#">4/19/2016</a>		
	Unvaccinated, Children	<a href="#">8/27/2015</a>		
<b>Video</b>	Procedure Helps Patients Avoid Hip Replacements, Repair joint damage - <a href="http://osuwmc.multimedia-newsroom.com/index.php/2017/12/18/procedure-helps-patients-avoid-hip-replacements-repair-joint-damage/">http://osuwmc.multimedia-newsroom.com/index.php/2017/12/18/procedure-helps-patients-avoid-hip-replacements-repair-joint-damage/</a>	<a href="#">12/16/2017</a>		
	Sleep - Is it Necessary?	<a href="#">1/5/2018</a>		
<b>Virus</b>	Cancer Cells	<a href="#">5/12/2016</a>		
	D68 Enterovirus	<a href="#">1/9/2015</a>	<a href="#">3/31/2015</a>	



Bruno Bytes Index

ACTH (adrenocorticotrophic hormone) and Stress	<a href="http://postpolioinfo.com/library/parallels.pdf">http://postpolioinfo.com/library/parallels.pdf</a>	11/3/2015		
Amid the opioid crisis, some seriously ill people risk losing drugs they depend on	<a href="https://www.washingtonpost.com/national/health-science/amid-the-opioid-crisis-some-seriously-ill-people-risk-losing-drugs-they-depend-on/2018/07/13/65850640-730d-11e8-805c-4b67019fcfe4_story.html?noredirect=on&amp;utm_term=.e878be8a04d7">https://www.washingtonpost.com/national/health-science/amid-the-opioid-crisis-some-seriously-ill-people-risk-losing-drugs-they-depend-on/2018/07/13/65850640-730d-11e8-805c-4b67019fcfe4_story.html?noredirect=on&amp;utm_term=.e878be8a04d7</a>	7/16/2018		
An interesting Study on Restless Legs and PPS	<a href="http://www.postpolioinfo.com/library/grm.pdf">http://www.postpolioinfo.com/library/grm.pdf</a>	1/5/2015		
Anesthesia Warning Cards	<a href="http://www.papolionetwork.org/-anesthesia-warning.html">http://www.papolionetwork.org/-anesthesia-warning.html</a>	4/5/2016		
Are You Old? Infirm? Then Kindly Disappear	<a href="https://www.nytimes.com/2017/12/16/opinion/sunday/are-you-old-infirm-then-kindly-disappear.html">https://www.nytimes.com/2017/12/16/opinion/sunday/are-you-old-infirm-then-kindly-disappear.html</a>	12/16/2017		
Asking our Physicians about Medications	<a href="http://www.newswise.com/articles/a-baby-boomer-s-new-year-resolution-ask-your-doctor-about-your-medicines">http://www.newswise.com/articles/a-baby-boomer-s-new-year-resolution-ask-your-doctor-about-your-medicines</a>	12/26/2016		
Befriending other Polio Survivors	<a href="https://www.psychologytoday.com/blog/de-stressing-disability/201801/the-importance-friends-similar-disabilities">https://www.psychologytoday.com/blog/de-stressing-disability/201801/the-importance-friends-similar-disabilities</a>	1/16/2018		
Blood Pressure Guidelines	<a href="https://www.nytimes.com/2017/11/15/opinion/blood-pressure-guidelines.html?ref=todayspaper">https://www.nytimes.com/2017/11/15/opinion/blood-pressure-guidelines.html?ref=todayspaper</a>	11/15/2017		
Blood Pressure Medications	<a href="http://www.postpolioinfo.com/library/CardiacDrugs.pdf">http://www.postpolioinfo.com/library/CardiacDrugs.pdf</a>	3/19/2015		
Blood Sugar Can Be Too Low in Post-Polio Diabetics	<a href="http://www.mayoclinic.org/tests-procedures/a1c-test/basics/definition/prc-20012585">http://www.mayoclinic.org/tests-procedures/a1c-test/basics/definition/prc-20012585</a>	1/13/2015		
Blood Sugar Can Be Too Low in Post-Polio Diabetics	<a href="http://www.nytimes.com/2015/01/12/opinion/when-diabetes-treatment-goes-too-far.html?ref=todayspaper&amp;_r=1">http://www.nytimes.com/2015/01/12/opinion/when-diabetes-treatment-goes-too-far.html?ref=todayspaper&amp;_r=1</a>	1/13/2015		
Bowel and Swallowing Issues	<a href="http://postpolioinfo.com/library/SlowGuts.pdf">http://postpolioinfo.com/library/SlowGuts.pdf</a>	3/28/2015		
Building Stamina	<a href="http://www.postpolioinfo.com/library/prodiet.pdf">http://www.postpolioinfo.com/library/prodiet.pdf</a>	3/29/2015		
Butter Consumption and Chronic Disease	<a href="http://www.newswise.com/articles/view/656178/?sc=mwhn">http://www.newswise.com/articles/view/656178/?sc=mwhn</a>	6/30/2016		
Canadian Documentary	<a href="http://www.cbc.ca/archives/entry/post-polio-syndrome-the-sequel">http://www.cbc.ca/archives/entry/post-polio-syndrome-the-sequel</a>	1/23/2017		
Cellulitis	<a href="http://www.nlm.nih.gov/medlineplus/ency/article/000855.htm">http://www.nlm.nih.gov/medlineplus/ency/article/000855.htm</a>	5/18/2015		
CFDA Approves First Inactivated Sabin Vaccine	<a href="http://www.asianscientist.com/2015/02/topnews/cfda-approves-inactivated-sabin-vaccine/">http://www.asianscientist.com/2015/02/topnews/cfda-approves-inactivated-sabin-vaccine/</a>	2/6/2015		
Chronic breathing issues	<a href="http://www.doctorbach.com/about.htm">http://www.doctorbach.com/about.htm</a>	10/29/2015		
Chronic Fatigue Syndrome, Getting it Wrong	<a href="https://www.nytimes.com/2017/03/18/opinion/sunday/getting-it-wrong-on-chronic-fatigue-syndrome.html?ref=todayspaper&amp;_r=0">https://www.nytimes.com/2017/03/18/opinion/sunday/getting-it-wrong-on-chronic-fatigue-syndrome.html?ref=todayspaper&amp;_r=0</a>	3/18/2017		
Cleaning your CPAP/BIPAP	<a href="https://www.cpapdirect.com/cleaning/soclean-2-cpap-cleaner-and-sanitizer?gclid=EAlaIqobChMly66G79Du2QIViwOGCh1USgMgEAAYAiAAEgL4rPD_BwE">https://www.cpapdirect.com/cleaning/soclean-2-cpap-cleaner-and-sanitizer?gclid=EAlaIqobChMly66G79Du2QIViwOGCh1USgMgEAAYAiAAEgL4rPD_BwE</a>	3/15/2018		
Cold Hands	<a href="http://www.therapygloves.com/newsletters/2014-Oct-24.html">http://www.therapygloves.com/newsletters/2014-Oct-24.html</a>	11/7/2014		

Bruno Bytes Index

Collecting long term disability	<a href="http://postpolioinfo.com/ssdisability2.php">http://postpolioinfo.com/ssdisability2.php</a>	12/20/2014		
Constipation and PPS	<a href="http://blogs.nytimes.com/2016/02/08/simple-remedies-for-constipation/?_r=0">http://blogs.nytimes.com/2016/02/08/simple-remedies-for-constipation/?_r=0</a>	2/9/2016		
CPAP - a Red Flag	<a href="http://www.resmed.com/us/en/consumer/newsandinformation/news-releases/2015/resmed-provides-update-on-phase-iv-serve-hf-study-of-adaptive-servo-ventilation-therapy.html">http://www.resmed.com/us/en/consumer/newsandinformation/news-releases/2015/resmed-provides-update-on-phase-iv-serve-hf-study-of-adaptive-servo-ventilation-therapy.html</a>	5/28/2015		
Creating a 'Good Doc' Directory	<a href="http://postpolioinfo.com/library.php">http://postpolioinfo.com/library.php</a>	4/5/2015		
Creating a 'Good Doc' Directory	<a href="http://www.postpolioinfo.com/letter.php">http://www.postpolioinfo.com/letter.php</a>	4/5/2015		
Credit for the Elderly or the Disabled	<a href="https://www.irs.gov/pub/irs-pdf/p524.pdf">https://www.irs.gov/pub/irs-pdf/p524.pdf</a>	4/6/2017		
Daily Log	<a href="http://www.papolionetwork.org/uploads/2/7/7/2/27726699/polio_fatigue20150921.pdf">http://www.papolionetwork.org/uploads/2/7/7/2/27726699/polio_fatigue20150921.pdf</a>	8/1/2017		
D68 Enterovirus Causing Paralysis	<a href="http://www.washingtonpost.com/news/to-your-health/wp/2015/03/30/link-found-between-children-with-paralysis-and-polio-like-strain-of-enterovirus-d68-study-says/">http://www.washingtonpost.com/news/to-your-health/wp/2015/03/30/link-found-between-children-with-paralysis-and-polio-like-strain-of-enterovirus-d68-study-says/</a>	3/31/2015		
Disability Home Modifications, and Grants	<a href="http://www.homeadvisor.com/r/grants-for-home-modification/?utm_content=buffer12391&amp;utm_medium=social&amp;utm_source=facebook.com&amp;utm_campaign=buffer&amp;fref=gc#.WabQh8iGOU">http://www.homeadvisor.com/r/grants-for-home-modification/?utm_content=buffer12391&amp;utm_medium=social&amp;utm_source=facebook.com&amp;utm_campaign=buffer&amp;fref=gc#.WabQh8iGOU</a>	8/24/2017		
Depression during Menopause	<a href="http://www.newswise.com/articles/trauma-and-stress-in-teen-years-increases-risk-of-depression-during-menopause-penn-study-shows">http://www.newswise.com/articles/trauma-and-stress-in-teen-years-increases-risk-of-depression-during-menopause-penn-study-shows</a>	3/30/2017		
DME (Durable Medical Equipment) Medicare Regulations, for 2018	<a href="https://www.medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf">https://www.medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf</a>	9/28/2017		
Does Magnesium Help You Sleep?	<a href="https://www.nytimes.com/2018/01/05/well/mind/does-magnesium-help-you-sleep.html?ref=todayspaper">https://www.nytimes.com/2018/01/05/well/mind/does-magnesium-help-you-sleep.html?ref=todayspaper</a>	1/9/2018		
Dopamine and WFD.	<a href="http://www.postpolioinfo.com/library/DRUG.pdf">http://www.postpolioinfo.com/library/DRUG.pdf</a>	1/21/2018		
Dr. John Bach	<a href="http://doctorbach.com">http://doctorbach.com</a>	10/24/2017		
Drug Ads	<a href="http://www.nytimes.com/2016/02/28/sunday-review/ask-your-doctor-if-this-ad-is-right-for-you.html?_r=0">http://www.nytimes.com/2016/02/28/sunday-review/ask-your-doctor-if-this-ad-is-right-for-you.html?_r=0</a>	2/28/2016		
Drug Plan	<a href="http://www.goodrx.com/">http://www.goodrx.com/</a>	10/10/2016		
Drug Side Effects	<a href="http://www.drugs.com/sfx/">http://www.drugs.com/sfx/</a>	3/10/2016		
Eat Well - Be Well	<a href="http://www.papolionetwork.org/uploads/9/9/7/0/99704804/eat_well_be_well_protein_diet_final_2-2018_.pdf">http://www.papolionetwork.org/uploads/9/9/7/0/99704804/eat_well_be_well_protein_diet_final_2-2018_.pdf</a>	2/11/2018		
Eradicate polio, Scientists turn virus into a shell of itself	<a href="http://www.sandiegouniontribune.com/business/biotech/sd-me-polio-vaccine-20170119-story.html">http://www.sandiegouniontribune.com/business/biotech/sd-me-polio-vaccine-20170119-story.html</a>	1/20/2017		
Exercise - Use it or Lose it	<a href="https://www.papolionetwork.org/uploads/9/9/7/0/99704804/exercise_use_it_and_lose_it_by_dr_richard_bruno.pdf_rev_2017_.pdf">https://www.papolionetwork.org/uploads/9/9/7/0/99704804/exercise_use_it_and_lose_it_by_dr_richard_bruno.pdf_rev_2017_.pdf</a>	3/26/2018		
Experimental drugs for PPS "Brain" Fatigue	<a href="http://www.newswise.com/articles/view/666015/?sc=mwhn">http://www.newswise.com/articles/view/666015/?sc=mwhn</a>	12/8/2016		
Extra Light, POWER Folding Wheelchairs	<a href="http://www.foldablewheelchairs.com/">http://www.foldablewheelchairs.com/</a>	7/19/2015		

Bruno Bytes Index

False Positives in Polio Survivors with Post-Polio Sequale	<a href="https://www.papolionetwork.org/uploads/9/9/7/0/99704804/mental_status_exam_caution.pdf">https://www.papolionetwork.org/uploads/9/9/7/0/99704804/mental_status_exam_caution.pdf</a>	3/21/2018		
Fasting and Neuron Function	<a href="http://www.collective-evolution.com/2015/12/11/neuroscientist-shows-what-fasting-does-to-your-brain-why-big-pharma-wont-study-it/">http://www.collective-evolution.com/2015/12/11/neuroscientist-shows-what-fasting-does-to-your-brain-why-big-pharma-wont-study-it/</a>	12/12/2015		
Fatigue and the Need for Sleep Stude	<a href="http://www.newswise.com/articles/view/684535/?sc=mwhn">http://www.newswise.com/articles/view/684535/?sc=mwhn</a>	11/9/2017		
Fatigue. Is it always PPS?	<a href="http://www.newswise.com/articles/view/688336/?sc=mwhn">http://www.newswise.com/articles/view/688336/?sc=mwhn</a>	1/25/2018		
FDA Approval of Extended Release Drugs	<a href="http://www.nytimes.com/2015/06/17/business/generic-ritalin-drug-not-equivalent-to-the-brand-is-in-use-anyway.html">http://www.nytimes.com/2015/06/17/business/generic-ritalin-drug-not-equivalent-to-the-brand-is-in-use-anyway.html</a>	8/10/2015		
FDA Regulating Herbs & Spices	<a href="http://www.nytimes.com/aponline/2015/06/17/us/politics/ap-us-bogus-supplements-seniors.html?_r=0">http://www.nytimes.com/aponline/2015/06/17/us/politics/ap-us-bogus-supplements-seniors.html?_r=0</a>	6/22/2015		
FDA Staying "Quiet"	<a href="http://well.blogs.nytimes.com/2015/04/07/study-warns-of-diet-supplement-dangers-kept-quiet-by-f-d-a/?ref=todayspaper&amp;_r=0">http://well.blogs.nytimes.com/2015/04/07/study-warns-of-diet-supplement-dangers-kept-quiet-by-f-d-a/?ref=todayspaper&amp;_r=0</a>	4/8/2015		
Fear	<a href="http://www.papolionetwork.org/how-do-we-live-with-it.html">http://www.papolionetwork.org/how-do-we-live-with-it.html</a>	6/15/2015		
Fear of Surgery	<a href="http://www.postpolioinfo.com/lib_surgical.php">http://www.postpolioinfo.com/lib_surgical.php</a>	2/13/2016		
Forearm Crutches	<a href="http://www.fetterman-crutches.com">www.fetterman-crutches.com</a>	2/18/2016		
Flu and Pneumonia Vaccines	<a href="http://www.newswise.com/articles/view/683856/?sc=mwhn">http://www.newswise.com/articles/view/683856/?sc=mwhn</a>	10/30/2017		
Flu Symptoms	<a href="http://www.newswise.com/articles/view/688055/?sc=mwhn">http://www.newswise.com/articles/view/688055/?sc=mwhn</a>	1/18/2018		
Functional Capabilities Evaluation for Long Term Disability	<a href="http://www.ehow.com/info_7778411_functional-capacity-evaluation.html">http://www.ehow.com/info_7778411_functional-capacity-evaluation.html</a>	9/30/2015		
Getting Polio from the Vaccine in 1955	<a href="http://time.com/3714090/salk-vaccine-history">http://time.com/3714090/salk-vaccine-history</a>	2/22/2015		
Getting the Wild Polio Virus	<a href="http://www.cdc.gov/vaccines/vpd-vac/polio/">http://www.cdc.gov/vaccines/vpd-vac/polio/</a>	4/27/2015		
Giving an Anesthesia Warning Card to Your Doctor	<a href="http://www.pospolioinfo.com/lib_surgical.php">http://www.pospolioinfo.com/lib_surgical.php</a>	3/29/2016		
Grants to help pay for Disability Home Modifications	<a href="http://www.homeadvisor.com/r/grants-for-home-modification/?utm_content=buffer12391&amp;utm_medium=social&amp;utm_source=facebook.com&amp;utm_campaign=buffer&amp;fref=gc#.WabQh8iGOU">http://www.homeadvisor.com/r/grants-for-home-modification/?utm_content=buffer12391&amp;utm_medium=social&amp;utm_source=facebook.com&amp;utm_campaign=buffer&amp;fref=gc#.WabQh8iGOU</a>	8/24/2017		
Having a Blood Test to Determine Antibodies for the Polio Virus	<a href="http://www.cbsnews.com/news/polio-cancer-treatment-duke-university-60-minutes-scott-pelley/">http://www.cbsnews.com/news/polio-cancer-treatment-duke-university-60-minutes-scott-pelley/</a>	3/30/2015		
Having PPS without Previous Paralysis	<a href="http://www.postpolioinfo.com/library/npp.pdf">http://www.postpolioinfo.com/library/npp.pdf</a>	8/24/2015		
Hip Replacement after Steroid Injections	<a href="http://www.newswise.com/articles/view/648996/?sc=mwhn">http://www.newswise.com/articles/view/648996/?sc=mwhn</a>	3/3/2016		
Homeopathic Remedies and PPS	<a href="http://thehomeopathiccollege.org/acute-treatment/post-polio-syndrome-aggravation">http://thehomeopathiccollege.org/acute-treatment/post-polio-syndrome-aggravation</a>	6/13/2016		
How Many People Can't Tolerate Statins	<a href="https://www.nytimes.com/2018/06/01/well/how-many-people-cant-tolerate-statins.html?rref=collection%2Fissuecollection%2Ftodays-new-york-times&amp;action=click&amp;contentCollection=todayspaper&amp;region=rank&amp;module=package&amp;version=highlights&amp;contentPlacement=15&amp;pgtype=collection">https://www.nytimes.com/2018/06/01/well/how-many-people-cant-tolerate-statins.html?rref=collection%2Fissuecollection%2Ftodays-new-york-times&amp;action=click&amp;contentCollection=todayspaper&amp;region=rank&amp;module=package&amp;version=highlights&amp;contentPlacement=15&amp;pgtype=collection</a>	6/1/2018		

Bruno Bytes Index

How pediatricians can help stop polio	<a href="http://www.polioeradication.org/ResourceLibrary/Strategyandwork.aspx">http://www.polioeradication.org/ResourceLibrary/Strategyandwork.aspx</a>	12/30/2014		
How People Transend Suffering To Find Healing	<a href="http://www.newswise.com/articles/view/681075/?sc=mwhn">http://www.newswise.com/articles/view/681075/?sc=mwhn</a>	9/14/2017		
Incontinance in Woman with Osteoporosis	<a href="http://well.blogs.nytimes.com/2016/02/24/treating-incontinence-in-woman-with-osteoporosis/?emc=eta1&amp;_r=1">http://well.blogs.nytimes.com/2016/02/24/treating-incontinence-in-woman-with-osteoporosis/?emc=eta1&amp;_r=1</a>	3/8/2016		
Insomnia Medications	<a href="http://www.uphs.upenn.edu/news/News_Reeases/2015/08/perlis/">http://www.uphs.upenn.edu/news/News_Reeases/2015/08/perlis/</a>	8/6/2015		
Iron Lung	<a href="https://gizmodo.com/the-last-of-the-iron-lungs-1819079169">https://gizmodo.com/the-last-of-the-iron-lungs-1819079169</a>	11/21/2017		
Iron Lung - Borrowed Time	<a href="http://www.papolionetwork.org/uploads/9/9/7/0/99704804/on_borrowed_time_2004_bb_11-2017.jpg">http://www.papolionetwork.org/uploads/9/9/7/0/99704804/on_borrowed_time_2004_bb_11-2017.jpg</a>	11/21/2017		
IRS and Disability Deductions	<a href="http://www.irs.gov/pub/irs-pdf/p907.pdf">http://www.irs.gov/pub/irs-pdf/p907.pdf</a>	4/9/2015		
IRS and Disability Deductions	<a href="http://www.irs.gov/pub/irs-pdf/p524.pdf">http://www.irs.gov/pub/irs-pdf/p524.pdf</a>	4/9/2015		
IVIG (Intravenous Immunoglobulin)	<a href="http://ichgcp.net/clinical-trials-registry/NCT02176863">http://ichgcp.net/clinical-trials-registry/NCT02176863</a>	11/25/2017		
IVIG Does Not Treat PPS	<a href="http://www.papolionetwork.org/uploads/9/9/7/0/99704804/ivig_does_not_treat_pps_rev_11-2017_.pdf">http://www.papolionetwork.org/uploads/9/9/7/0/99704804/ivig_does_not_treat_pps_rev_11-2017_.pdf</a>	11/25/2017		
Kegal Exercises	<a href="http://www.lifescrypt.com/health/centers/oab/tips/what_are_kegal_exercises.aspx#sthash.XZX5D6xF.dpuf">http://www.lifescrypt.com/health/centers/oab/tips/what_are_kegal_exercises.aspx#sthash.XZX5D6xF.dpuf</a>	1/12/2017		
Knee Pain Relief without Surgery	<a href="http://www.newswise.com/articles/view/678214/?sc=mwhn">http://www.newswise.com/articles/view/678214/?sc=mwhn</a>	7/24/2017		
Lack of Communication Puts Older Adults at Risk of Clashes Between Their Medicines	<a href="http://www.newswise.com/articles/view/685557/?sc=mwhn">http://www.newswise.com/articles/view/685557/?sc=mwhn</a>	12/1/2017		
Local Anesthetic for a Spinal Fusion	<a href="http://www.postpolioinfo.com/lib_surgical.php">http://www.postpolioinfo.com/lib_surgical.php</a>	8/18/2015		
Long Term Care	<a href="http://www.newswise.com/articles/view/656745/?sc=mwhn">www.newswise.com/articles/view/656745/?sc=mwhn</a>	7/14/2016		
Marijuana and Osteoporosis	<a href="http://www.independent.co.uk/news/science/cannabis-marijuana-thin-bones-osteoporosis-lower-weight-munchies-a7357056.html">http://www.independent.co.uk/news/science/cannabis-marijuana-thin-bones-osteoporosis-lower-weight-munchies-a7357056.html</a>	10/12/2016		
Medical Alert Systems	<a href="https://bestcompany.com/medical-alert-systems/?sp=aff&amp;gclid=01_61884910_89a808e8-95f2-4bf8-9a1f-a1862fd24ecb&amp;utm_source=Affiliate&amp;utm_medium=affiliate&amp;utm_campaign=AFF_279124_478355&amp;afid_279124&amp;sid=478355&amp;AffiliateReferenceID=545979048">https://bestcompany.com/medical-alert-systems/?sp=aff&amp;gclid=01_61884910_89a808e8-95f2-4bf8-9a1f-a1862fd24ecb&amp;utm_source=Affiliate&amp;utm_medium=affiliate&amp;utm_campaign=AFF_279124_478355&amp;afid_279124&amp;sid=478355&amp;AffiliateReferenceID=545979048</a>	1/5/2017		
Medical Errors	<a href="http://www.bloomberg.com/news/articles/2016-05-03/medical-errors-are-the-third-leading-cause-of-death-study-finds">http://www.bloomberg.com/news/articles/2016-05-03/medical-errors-are-the-third-leading-cause-of-death-study-finds</a>	5/3/2016		
Medical Marijuana	<a href="http://www.bloomberg.com/view/articles/2016-08-12/the-missing-case-for-medical-marijuana">www.bloomberg.com/view/articles/2016-08-12/the-missing-case-for-medical-marijuana</a>	8/12/2016		
Medicare Coverage for Home Health PT	<a href="http://newoldage.blogs.nytimes.com/2013/02/04/therapy-plateau-no-longer-ends-coverage/?_r=0">http://newoldage.blogs.nytimes.com/2013/02/04/therapy-plateau-no-longer-ends-coverage/?_r=0</a>	4/13/2016		



Bruno Bytes Index

Medicare Coverage for Home Health PT	<a href="http://www.cms.gov/regulations-and-guidance/guidance/transmittals/downloads/r179bp.pdf">http://www.cms.gov/regulations-and-guidance/guidance/transmittals/downloads/r179bp.pdf</a>	4/13/2016		
Medicare Denials, "Failure" to Improve	<a href="http://www.nytimes.com/2016/09/13/health/medicare-coverage-denial-improvement.html?ref=todayspaper&amp;_r=0">http://www.nytimes.com/2016/09/13/health/medicare-coverage-denial-improvement.html?ref=todayspaper&amp;_r=0</a>	9/13/2016		
Medicare Requirements for Power Wheelchairs	<a href="https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/pmd_DocCvg_FactSheet_ICN905063.pdf">https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/pmd_DocCvg_FactSheet_ICN905063.pdf</a>	3/18/2017		
Medication Safety	<a href="http://www.safemedication.com/safemed/Safe-Medication-Use-at-a-Glance">http://www.safemedication.com/safemed/Safe-Medication-Use-at-a-Glance</a>	11/12/2015		
Medications for "Bowel" issues	<a href="http://postpolioinfo.com/library/SlowGuts.pdf">http://postpolioinfo.com/library/SlowGuts.pdf</a>	5/7/2016		
Medications for Osteoporosis	<a href="http://www.newswise.com/articles/view/694065/?sc=mwhn">http://www.newswise.com/articles/view/694065/?sc=mwhn</a>	5/7/2018		
Mindfulness Meditation and Pain Management	<a href="http://www.newswise.com/articles/view/642931/?sc=mwhn">http://www.newswise.com/articles/view/642931/?sc=mwhn</a>	11/12/2015		
Mindfulness Meditation and Pain Management	<a href="http://www.vipassanadhura.com/whatis.htm">http://www.vipassanadhura.com/whatis.htm</a>	11/12/2015		
Mindfulness Meditation Helping Pain Issues	<a href="http://www.newswise.com/articles/view/642931/?sc=mwhn">http://www.newswise.com/articles/view/642931/?sc=mwhn</a>	11/5/2015		
Mindfulness Meditation Helping Pain Issues	<a href="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&amp;utm_campaign=11%2F05%2F15&amp;utm">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&amp;utm_campaign=11%2F05%2F15&amp;utm</a>	11/5/2015		
Mini Mental Status Exam (MMSE)	<a href="https://www.papolionetwork.org/uploads/9/9/7/0/99704804/mental_status_exam_caution.pdf">https://www.papolionetwork.org/uploads/9/9/7/0/99704804/mental_status_exam_caution.pdf</a>	3/18/2018		
National Library Service for the Blind and Physically Handicapped Downloadable Books and Magazines	<a href="http://www.loc.gov/">www.loc.gov/</a>	7/18/2017		
Neither Exercise nor Psychotherapy reduce fatigue in Polio Survivors	<a href="http://nnr.sagepub.com/content/early/2015/08/12/1545968315600271.abstract">http://nnr.sagepub.com/content/early/2015/08/12/1545968315600271.abstract</a>	8/25/2015		
Neuropsychology of PPS	<a href="http://www.postpolioinfo.com/library/neuropsych.pdf">http://www.postpolioinfo.com/library/neuropsych.pdf</a>	1/21/2018		
New FDA Guidelines for Painkillers	<a href="http://www.nytimes.com/2016/03/16/health/cdc-opiod-guidelines.html?ref=health&amp;_r=1&amp;login=email">http://www.nytimes.com/2016/03/16/health/cdc-opiod-guidelines.html?ref=health&amp;_r=1&amp;login=email</a>	3/15/2016		
New Procedure Helps Patients Avoid Hip Replacement, Repair Joint Damage	<a href="http://www.newswise.com/articles/view/686928/?sc=mwhn">http://www.newswise.com/articles/view/686928/?sc=mwhn</a>	12/16/2017		
New Vaccine Resistant Polio	<a href="http://www.upi.com/Health_news/2014/11/05/Researchers-identify-vaccine-resistant-strain-of-polio/2501415209985/#ixzz3IRN4Agyn">http://www.upi.com/Health_news/2014/11/05/Researchers-identify-vaccine-resistant-strain-of-polio/2501415209985/#ixzz3IRN4Agyn</a>	11/10/2014		
Obstructive Sleep Abnea	<a href="http://www.newswise.com/articles/view/694298/?sc=mwhn">http://www.newswise.com/articles/view/694298/?sc=mwhn</a>	5/10/2018		
Old Virus Taking on a New Battle	<a href="http://www.newswise.com/articles/view/681262/?sc=mwhn">http://www.newswise.com/articles/view/681262/?sc=mwhn</a>	9/21/2017		
Older Americans Don't Get - or Seek - Enough Help From Doctors & Pharmacists on Drug Costs, Poll Finds	<a href="http://www.newswise.com/articles/view/677172/?sc=mwhn">http://www.newswise.com/articles/view/677172/?sc=mwhn</a>	6/30/2017		

Bruno Bytes Index

Osteoporosis and Osteopena	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3411311/">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3411311/</a>	11/7/2014		
Osteoporosis and Osteopena	<a href="http://www.shef.ac.uk/FRAX">www.shef.ac.uk/FRAX</a>	11/7/2014		
Osteoporosis and Osteopena	<a href="http://www.nhlbi.nih.gov/.../educ.../lose_wt/BMI/bmicalc.htm">http://www.nhlbi.nih.gov/.../educ.../lose_wt/BMI/bmicalc.htm</a>	11/7/2014		
Osteoporosis Medications	<a href="http://www.newswise.com/articles/view/664512/?sc=mwhn">http://www.newswise.com/articles/view/664512/?sc=mwhn</a>	11/10/2016		
Oxygen use vs Bi-Pap	<a href="http://www.doctorbach.com">www.doctorbach.com</a>	9/6/2015		
Physical Therapy and Medicare	<a href="http://www.medicare.gov/coverage/pt-and-ot-and-speech-language-pathology.html">http://www.medicare.gov/coverage/pt-and-ot-and-speech-language-pathology.html</a>	10/7/2015		
Physcal Therapy and PPS	<a href="http://www.papolionetwork.org/uploads/2/7/7/2/27726699/physical_therapy_and_pps_by_shanti_chack_o_molayal.pdf">http://www.papolionetwork.org/uploads/2/7/7/2/27726699/physical_therapy_and_pps_by_shanti_chack_o_molayal.pdf</a>	6/13/2017		
Podcast of the Polio Paradox	<a href="http://www.postpolioinfo.com/podcast.php">http://www.postpolioinfo.com/podcast.php</a>	12/16/2014		
Polio and Dopamine Producing Neurons	<a href="http://www.newswise.com/articles/view/693853/?sc=mwhn">http://www.newswise.com/articles/view/693853/?sc=mwhn</a>	5/3/2018		
Polio being a "Cure" for Brain Tumors	<a href="http://www.forbes.com/sites/arleneweintraub/2015/03/30/heres-what-60-minutes-didnt-tell-you-about-the-miracle-glioblastoma-treatment/">http://www.forbes.com/sites/arleneweintraub/2015/03/30/heres-what-60-minutes-didnt-tell-you-about-the-miracle-glioblastoma-treatment/</a>	4/1/2015		
"Polio Foot" turning color	<a href="http://postpolioinfo.com/library/gcold.pdf">http://postpolioinfo.com/library/gcold.pdf</a>	12/7/2016		
"Polio Like" mysterious disease	<a href="http://www.chicagotribune.com/lifestyles/health/ct-polio-drugs-treatment-mysterious-paralyzing-disease-20161104-story.html">http://www.chicagotribune.com/lifestyles/health/ct-polio-drugs-treatment-mysterious-paralyzing-disease-20161104-story.html</a>	11/4/2016		
"Polio Like" Virus	<a href="http://www.cdc.gov/">http://www.cdc.gov/</a>	10/6/2016		
Polio Survivors and being "Type A"	<a href="http://www.cnn.com/2015/05/27/health/type-a-personality/index.html">http://www.cnn.com/2015/05/27/health/type-a-personality/index.html</a>	5/28/2015		
Polio Survivors and Pain	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2651567/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2651567/</a>	3/26/2017		
Polio Survivors and Tracheostomies	<a href="http://www.doctorbach.com">http://www.doctorbach.com</a>	4/19/2016		
Polio Survivors and Tracheostomies	<a href="http://www.papolionetwork.org/living-with-post-polio-syndrome.html">http://www.papolionetwork.org/living-with-post-polio-syndrome.html</a>	4/19/2016		
Polio Survivors being given too much Oxygen	<a href="http://www.postpolioinfo.com/lib_surgical.php">http://www.postpolioinfo.com/lib_surgical.php</a>	4/11/2015		
Polio survivors having a high threshold for pain	<a href="http://www.neuroscientistnews.com/research-news/people-can-raise-pain-threshold-altering-brain-chemistry-study-shows">http://www.neuroscientistnews.com/research-news/people-can-raise-pain-threshold-altering-brain-chemistry-study-shows</a>	10/24/2015		
Polio survivors having tracheotomies	<a href="http://njms.rutgers.edu/resource_locator/find_people/profile.cfm?mbmid=bachjr#tab-video">http://njms.rutgers.edu/resource_locator/find_people/profile.cfm?mbmid=bachjr#tab-video</a>	12/27/2014		
Polio Virus discovered at Melbourne sewerage plant	<a href="http://www.theage.com.au/victoria/polio-virus-discovered-at-melbourne-sewerage-plant-20171215-h058n8.html">http://www.theage.com.au/victoria/polio-virus-discovered-at-melbourne-sewerage-plant-20171215-h058n8.html</a>	12/15/2017		
Polio Virus - It just Wont Go Away	<a href="http://www.sciencemag.org/news/2018/01/what-hell-going-polio-cases-are-vanishing-pakistan-yet-virus-wont-go-away">http://www.sciencemag.org/news/2018/01/what-hell-going-polio-cases-are-vanishing-pakistan-yet-virus-wont-go-away</a>	1/12/2018		
Polio Virus killing Cancer Cells	<a href="http://www.papolionetwork.org/polio-in-the-news.html">http://www.papolionetwork.org/polio-in-the-news.html</a>	5/12/2016		
Portable - Light Weight Wheelchairs	<a href="http://kdsmartchair.com/">http://kdsmartchair.com/</a>	8/22/2016		

Bruno Bytes Index

Post Polio Diet	<a href="https://www.papolionetwork.org/uploads/9/9/7/0/99704804/eat_well_be_well_protein_diet_final_2-2018_.pdf">https://www.papolionetwork.org/uploads/9/9/7/0/99704804/eat_well_be_well_protein_diet_final_2-2018_.pdf</a>	3/27/2018		
Post-Polio Brain Fatigue: A Little Spot Means A Lot	<a href="http://www.papolionetwork.org/uploads/9/9/7/0/99704804/brain_fatigue.pdf">http://www.papolionetwork.org/uploads/9/9/7/0/99704804/brain_fatigue.pdf</a>	1/21/2018		
Post-Polio Fatigue	<a href="http://www.postpolioinfo.com/library/bromo.pdf">http://www.postpolioinfo.com/library/bromo.pdf</a>	6/25/2015		
Post-Polio Fatigue	<a href="http://www.postpolioinfo.com/library/parallels.pdf">http://www.postpolioinfo.com/library/parallels.pdf</a>	6/26/2015		
Post Polio Syndrome	<a href="http://www.cbc.ca/archives/entry/post-polio-syndrome-the-sequel">http://www.cbc.ca/archives/entry/post-polio-syndrome-the-sequel</a>	1/23/2017		
PPS and Lung Cancer	<a href="http://www.doctorbach.com">http://www.doctorbach.com</a>	4/18/2016		
PPS and Lung Cancer	<a href="http://after-cancer.info/2014/08/26/cancer-polio-and-other-conditions/">http://after-cancer.info/2014/08/26/cancer-polio-and-other-conditions/</a>	4/18/2016		
PPS and Medication Reactions	<a href="http://www.fda.gov/.../.../howtoreport/downloadforms/default.htm">http://www.fda.gov/.../.../howtoreport/downloadforms/default.htm</a>	2/19/2015		
PPS and Risk Factors	<a href="http://europepmc.org/articles/PMC4221392">http://europepmc.org/articles/PMC4221392</a>	9/11/2016		
Prescription Drug Prices	<a href="https://www.goodrx.com/">https://www.goodrx.com/</a>	8/9/2017		
Problem Drinking in Older Adults	<a href="http://www.newswise.com/articles/view/667556/?sc=mwhnmultiple">http://www.newswise.com/articles/view/667556/?sc=mwhnmultiple</a>	1/16/2017		
Prolonged sleep disturbance can lead to lower bone formation	<a href="https://www.endocrine.org/news-room/current-press-releases/prolonged-sleep-disturbance-can-lead-to-lower-bone-formation">https://www.endocrine.org/news-room/current-press-releases/prolonged-sleep-disturbance-can-lead-to-lower-bone-formation</a>	4/2/2017		
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Protein, Getting too much	<a href="http://www.nytimes.com/2016/12/06/well/eat/can-you-get-too-much-protein.html?_r=0">http://www.nytimes.com/2016/12/06/well/eat/can-you-get-too-much-protein.html?_r=0</a>	12/6/2016		
Research Finds Nanopatch Polio Vaccine Delivers	<a href="https://scicasts.com/channels/nanotechnology/1983-nanomedicine/12951-research-finds-nanopatch-vaccine-delivers/">https://scicasts.com/channels/nanotechnology/1983-nanomedicine/12951-research-finds-nanopatch-vaccine-delivers/</a>	10/14/2017		
Right Way to Fall	<a href="https://www.nytimes.com/2017/01/24/well/move/the-right-way-to-fall.html?ref=todayspaper">https://www.nytimes.com/2017/01/24/well/move/the-right-way-to-fall.html?ref=todayspaper</a>	1/24/2017		
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Side Effects of Beta Blockers	<a href="http://www.postpolioinfo.com/library/CardiacDrugs.pdf">http://www.postpolioinfo.com/library/CardiacDrugs.pdf</a>	3/2/2015		
Significant Fatigue	<a href="http://postpolioinfo.com/vampire.php">http://postpolioinfo.com/vampire.php</a>	11/10/2015		
Sir Arthur Clarke	<a href="http://www.thedailybeast.com/articles/2015/03/14/inside-arthur-c-clarke-s-mysterious-world.html">http://www.thedailybeast.com/articles/2015/03/14/inside-arthur-c-clarke-s-mysterious-world.html</a>	3/15/2015		
Sleep Apnea and Daytime Sleepiness	<a href="http://www.newswise.com/articles/media-article/694618">http://www.newswise.com/articles/media-article/694618</a>	5/16/2018		
Sleep Apnea, worse for women	<a href="http://www.newswise.com/articles/view/694246/?sc=mwhn">http://www.newswise.com/articles/view/694246/?sc=mwhn</a>	5/9/2018		
Sleep Study and Sleep Apnea	<a href="http://www.newswise.com/articles/view/690985/?sc=mwhn">http://www.newswise.com/articles/view/690985/?sc=mwhn</a>	3/15/2018		

Bruno Bytes Index

Sleep - Is it Necessary?	<a href="http://www.newswise.com/articles/view/687496/?sc=mwhn">http://www.newswise.com/articles/view/687496/?sc=mwhn</a>	1/5/2018		
Slow Gut and Polio Survivors	<a href="http://www.papolionetwork.org/uploads/9/9/7/0/99704804/slow_guts_and_polio_survivors.pdf">http://www.papolionetwork.org/uploads/9/9/7/0/99704804/slow_guts_and_polio_survivors.pdf</a>	2/11/2018		
Spinal Cord Stimulator Therapy	<a href="http://www.webmd.com/pain-management/news/20100510/electrical-stimulation-may-ease-back-pain?page=2">http://www.webmd.com/pain-management/news/20100510/electrical-stimulation-may-ease-back-pain?page=2</a>	3/5/2015		
Sprain, Strain and Tears	<a href="http://www.newswise.com/articles/view/670046/?sc=mwhn">http://www.newswise.com/articles/view/670046/?sc=mwhn</a>	2/27/2017		
Square Pegs, Round Holes 'n' Pigeonholes	<a href="http://RandomHarvestBooks.com">RandomHarvestBooks.com</a>	4/9/2015		
Statin Medication	<a href="http://postpolioinfo.com/library/Cholesterol.pdf">http://postpolioinfo.com/library/Cholesterol.pdf</a>	4/26/2016		
Stem Cells Curing PPS	<a href="http://www.nytimes.com/2016/06/23/health/a-cautionary-tale-of-stem-cell-tourism.html?_r=0">http://www.nytimes.com/2016/06/23/health/a-cautionary-tale-of-stem-cell-tourism.html?_r=0</a>	6/23/2016		
Steroid Use	<a href="http://www.bmj.com/content/357/bmj.j1415">http://www.bmj.com/content/357/bmj.j1415</a>	4/13/2017		
Sugar Improves Memory in Over-60s – Helping Them Work Smarter	<a href="http://www.newswise.com/articles/view/697579/?sc=mwhn">http://www.newswise.com/articles/view/697579/?sc=mwhn</a>	7/27/2017		
Summer Grippe	<a href="http://www.postpolioinfo.com/library/npp.pdf">http://www.postpolioinfo.com/library/npp.pdf</a>	5/13/2015		
Super light Power Wheelchair	<a href="https://www.wheelchair88.com/product/pw-999ul/">https://www.wheelchair88.com/product/pw-999ul/</a>	3/17/2018		
Swallowing Difficulties	<a href="http://www.europeanpolio.eu">http://www.europeanpolio.eu</a>	2/26/2016		
Swallowing Issues	<a href="http://gtract.mngastro.com/.../patient.../MNGI-7YAT7A.html">http://gtract.mngastro.com/.../patient.../MNGI-7YAT7A.html</a>	11/11/2015		
The Blink Health Difference	<a href="https://www.blinkhealth.com/">https://www.blinkhealth.com/</a>	9/19/2017		
The Breathe BB Forum	<a href="https://breathebb.com/">https://breathebb.com/</a>	5/20/2018		
The Breathe BB Forum	<a href="https://www.breathenvs.com/">https://www.breathenvs.com/</a>	5/20/2018		
The Key to Weight Loss Is Diet Quality, Not C	<a href="https://www.nytimes.com/2018/02/20/well/eat/counting-calories-weight-loss-diet-dieting-low-carb-low-fat.html?ref=collection%2Fissuerecollection%2Ftodays-new-york-times&amp;action=click&amp;contentCollection=todayspaper&amp;region=rank&amp;module=package&amp;version=highlights&amp;contentPlacement=1&amp;pgtype=collection">https://www.nytimes.com/2018/02/20/well/eat/counting-calories-weight-loss-diet-dieting-low-carb-low-fat.html?ref=collection%2Fissuerecollection%2Ftodays-new-york-times&amp;action=click&amp;contentCollection=todayspaper&amp;region=rank&amp;module=package&amp;version=highlights&amp;contentPlacement=1&amp;pgtype=collection</a>	2/21/2018		
Tips for a Safe, Enjoyable Holiday Trip for Families with Disabilities	<a href="http://www.newswise.com/articles/view/686023/?sc=mwhn">http://www.newswise.com/articles/view/686023/?sc=mwhn</a>	12/2/2017		
Transverse Myelitis being a "Polio Like" Illness	<a href="http://myelitis.org/reported-cases-polio-like-illness-relationship-transverse-myelitis/">http://myelitis.org/reported-cases-polio-like-illness-relationship-transverse-myelitis/</a>	4/25/2016		
Transverse Myelitis being a "Polio Like" Illness	<a href="http://www.ninds.nih.gov/.../detail_transvrsemyelitis.htm">http://www.ninds.nih.gov/.../detail_transvrsemyelitis.htm</a>	4/25/2016		
Trauma or Illness Preceding PPS	<a href="http://www.papolionetwork.org/uploads/9/9/7/0/99704804/trauma_and_illness_as_precipants_of_post-polio_sequelae.pdf">http://www.papolionetwork.org/uploads/9/9/7/0/99704804/trauma_and_illness_as_precipants_of_post-polio_sequelae.pdf</a>	8/9/2017		

Bruno Bytes Index

Treating Incontinence in Women with Osteoporosis	<a href="http://well.blogs.nytimes.com/2016/02/24/treating-incontinence-in-women-with-osteoporosis/?emc=eta1">http://well.blogs.nytimes.com/2016/02/24/treating-incontinence-in-women-with-osteoporosis/?emc=eta1</a>	1/12/2017		
Tummy Issues	<a href="http://postpolioinfo.com/library/SlowGuts.pdf">http://postpolioinfo.com/library/SlowGuts.pdf</a>	4/5/2015		
Type 2 Polio Virus Strain Can Cause More Damage Than Before, But How? Has The Virus Evolved?	<a href="http://www.itechpost.com/articles/73510/20170111/oh-type-2-polio-virus-strain-cause-more-damage-before.htm">http://www.itechpost.com/articles/73510/20170111/oh-type-2-polio-virus-strain-cause-more-damage-before.htm</a>	1/17/2017		
United Kingdom, PPS in the	<a href="http://www.kentonline.co.uk/medway/news/polio-plight-in-the-commons-120165/">http://www.kentonline.co.uk/medway/news/polio-plight-in-the-commons-120165/</a>	2/7/2017		
Unvaccinated Children	<a href="http://www.nytimes.com/2015/08/28/us/unvaccinated-children-called-a-threat.html?_r=0">http://www.nytimes.com/2015/08/28/us/unvaccinated-children-called-a-threat.html?_r=0</a>	8/27/2015		
Viruses Damaging the Intestines	<a href="http://neurosciencenews.com/constipation-herpes-spinal-cord-4412/">http://neurosciencenews.com/constipation-herpes-spinal-cord-4412/</a>	6/11/2016		
Vitamin D	<a href="https://www.nytimes.com/2017/04/10/health/vitamin-d-deficiency-supplements.html?rref=collection%2Fbyline%2Fgina-kolata&amp;action=click&amp;contentCollection=undefined&amp;region=stream&amp;module=stream_unit&amp;version=latest&amp;contentPlacement=1&amp;pgtype=collection&amp;_r=1">https://www.nytimes.com/2017/04/10/health/vitamin-d-deficiency-supplements.html?rref=collection%2Fbyline%2Fgina-kolata&amp;action=click&amp;contentCollection=undefined&amp;region=stream&amp;module=stream_unit&amp;version=latest&amp;contentPlacement=1&amp;pgtype=collection&amp;_r=1</a>	4/11/2017		
Walking More	<a href="http://www.papolionetwork.org/how-do-we-live-with-it.html">http://www.papolionetwork.org/how-do-we-live-with-it.html</a>	7/15/2015		
What You Can Deduct as a Medical Expense	<a href="https://www.irs.gov/pub/irs-pdf/p907.pdf">https://www.irs.gov/pub/irs-pdf/p907.pdf</a>	4/6/2017		
What your Pharmacist isn't telling you	<a href="http://www.goodrx.com/blog/7-things-your-pharmacist-isnt-telling-you/">http://www.goodrx.com/blog/7-things-your-pharmacist-isnt-telling-you/</a>	8/12/2015		
When Anxiety or Depression Masks a Medical Problem	<a href="https://www.nytimes.com/2017/06/26/well/live/when-anxiety-or-depression-mask-a-medical-problem.html?ref=todayspaper">https://www.nytimes.com/2017/06/26/well/live/when-anxiety-or-depression-mask-a-medical-problem.html?ref=todayspaper</a>	6/27/2017		
When Ike Trusted a New Vaccine	<a href="http://www.newyorker.com/news/daily-comment/ike-trusted-new-vaccine">http://www.newyorker.com/news/daily-comment/ike-trusted-new-vaccine</a>	2/4/2015		
WHO on Polio Virus Transmission & CDC Interim Guidance on Vaccine Requirements fo Americans and Those Who Travel	<a href="http://www.medscape.com/viewarticle/836095">http://www.medscape.com/viewarticle/836095</a>	12/26/2014		
Why eight hours a night isn't enough, according to a leading sleep scientist	<a href="https://qz.com/1301123/why-eight-hours-a-night-isnt-enough-according-to-a-leading-sleep-scientist/">https://qz.com/1301123/why-eight-hours-a-night-isnt-enough-according-to-a-leading-sleep-scientist/</a>	6/13/2018		
Women Who Focus Negatively, Magnify Chronic Pain, More Likely to Be taking Prescribed Opioids	<a href="http://www.newswise.com/articles/view/676475/?sc=mwhn">http://www.newswise.com/articles/view/676475/?sc=mwhn</a>	6/19/2017		
Word Finding Difficulty as a Post Polio Sequelae	<a href="http://www.papolionetwork.org/uploads/9/9/7/0/99704804/word_finding_difficulty_and_pps__bruno_and_zimmerman_.pdf">http://www.papolionetwork.org/uploads/9/9/7/0/99704804/word_finding_difficulty_and_pps__bruno_and_zimmerman_.pdf</a>	11/17/17	1/21/2018	