

Encyclopedia of Polio and PPS - Index by Subject

<https://www.papolionetwork.org/encyclopedia.html>

Hold "CONTROL" & "F" to SEARCH

Topic	Article/Bruno Byte	Article/BB Month		
Acceptance	Befriending other Polio Survivors	1/16/2018		
	Crying	11/3/2014		
	Fear	6/15/2015		
	Fear and PPS	Article - 2017		
	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		
	The Psychology of a Second Disability (Research Article)	Article - 2018		
	Understanding the limitations of PPS	7/20/2016		
Anesthesia	Anesthesia	8/18/2015	8/21/2015	3/29/2016
		4/5/2016	6/1/2018	
	Fasting	12/12/2015	12/29/2015	
	General Anesthesia side effect - Urinary issues	7/13/2017		
	Local Anesthetic	8/18/2015		
	Preventing Complications in Polio Survivors undergoing Dental Procedures	Article - 2016		
	Preventing Complications in Polio Survivors undergoing Surgery (or) Receiving Anesthesia	Article - 2016		
	Sedation	4/5/2016		
	Warning Card, Anesthesia	8/18/2015	8/21/2015	3/29/2016
		4/5/2016	6/1/2018	
Assistive Devices/Mobility/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	7/23/2018	
	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	
	Bracing Issues	BB - 2018		

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	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
	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		
	Power Wheelchair or Scooter?	BB - 2018		
	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		
	Wheelchair Power	BB - 2018		
	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		

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	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	Bladder 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
		2/8/2018		
	Incontinence	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	
The Brain	Brain	11/1/2014	4/1/2015	11/3/2015
		12/12/2015	12/29/2015	7/13/2016
		7/23/2016		
	"Brain" Fatigue, experimental drugs for	12/8/2016		
	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		
	How Many Neurons am I Losing?	BB - 2016		
	Memory and Sugar	7/22/2018		
	Mental Status Exam: Caution for Polio Survivors to share with their Physicians	Article - Feb 2018		
	Motor Neurons and Brain Stem Deterioration	12/29/2015		
	Neuropsychology of Post-Polio Fatigue (Research Article)	Article - 2018		
	Parkinson's Brain Cells and Burnout	BB - Aug. 2015		
	Polioencephalitis and the Brain Fatigue Generator Model Of Post-Viral Fatigue Syndromes (Research Article)	Article - 2018		
D68 Enterovirus	D68 Enterovirus, strain	1/9/2015	3/31/2015	
Diagnosis	Acute Flaccid Myelitis (AFM)	6/18/2018		
	Adie's Tonic Pupil	7/31/2015		
	A-Fib (and sleep studies)	5/25/2017		
	ALS (Amyotrophic Lateral Sclerosis)	3/28/2016		

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	Aortic Stenosis	4/27/2018		
	Arthritis	1/23/2017		
	Barium Test	2/16/2015		
	Blood Sugar/Diabetes: Blood Sugar Can Be too Low	BB - 2016		
	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	
	EMG - How to Interpret in a Polio Survivor	TB - 2016		
	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	
	West Nile Virus - Could it be the New Polio?	BB - 2018		
Diet	Bellies and Diet	2/11/2018		
	Breakfast Bars	2/23/2018		
	Building Stamina	3/29/2015		
	Butter consumption and Chronic Disease	6/30/2016		
	Diet and Weightloss	2/21/2018		
	Dieting and PPS	BB - 2018		
	Fasting	12/12/2015	12/29/2015	
	Fluids	8/25/2015		
	Gastric Bypass and Polio Survivors	BB - 2018		

	Post-Polio Diet, Protein Power: Eat Well, Be Well	3/29/2015	7/20/2016	
	Post-Polio Protein Diet	Article - 2018		
	Post-Polio Protein Power	Article - 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	6/1/2018
	Autopsy of a Polio Survivor with Muscle Weakness	BB - 2015		
	Barium Test	2/16/2015	2/8/2018	
	Blood Test, Antibodies	3/30/2015	12/12/2015	12/29/2015
	Blood Test for Post-Polio Muscle Pain	BB - 2018		
	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
	EMG - How to Interpret in a Polio Survivor	BB - 2016		
	Fasting	12/12/2015	12/29/2015	
	Gastric Bypass and Polio Survivors	BB - 2018		
	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		
	IVIG and Post-Polio Syndrome. A Trial	BB - 2018		
	IVIG: Is it Treatment for PPS?	Article - Nov 2017		
	IVIG and It's Ability to Treat PPS	BB - Aug. 2016		
	Intravenous Immunoglobulin (IVIG) treating PPS	3/23/2015		
	Knee Replacement	1/5/2015	10/27/2015	4/25/17
	Local Anesthetic	8/18/2015		
	Mental Status Exam: Caution for Polio Survivors to share with their Physicians	Article - Feb 2018		
	Mini Mental Status Exam (MMSE)	3/18/2018		
	Post-op Urinary Retention	7/13/2017		
	Preventing Complications: Dental Surgery	Article - 2016		
	Preventing Complications in Polio Survivors undergoing Dental Procedures	Article - 2016		

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	Preventing Complications in Polio Survivors undergoing Surgery (or) Receiving Anesthesia	Article - 2016		
	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
		11/7/2016		
	Threshold Electric Stimulation (TES) and PPS	Article - 2018		
	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		
	Bromocriptine (Purlochel) and Post-Polio Fatigue (Research Article)	Article - 2018		
	Cardiac	12/7/2016		
	Cardiac Drugs, High Blood Pressure and Polio Survivors	Article - March 2015		
	Cholesterol Lowering Medications	Article - April 2016		
	CoEnzyme Q-10 and PPS Fatigue	BB - 2015		
	Corticosteroids (Drug class)	3/6/2015		
	Dangers of a New Prescription	BB - 2018		
	"Drug Holiday" (Osteoporosis)	5/7/2018		
	Drug Plan	10/10/2016		

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	Drugs...Their names sound the same, but ARE they the same?	1/13/2018		
	Drugs - Their Names are the Same, but ARE They?	BB - Jan. 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		
	IVIG and It's Ability to Treat PPS	BB - Aug. 2016		
	IVIG and Post-Polio Syndrome. A Trial	BB - 2018		
	IVIG: Is it Treatment for PPS?	Article - Nov 2017		
	Klonopin (Clonazepam)	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	6/1/2018
	Mestinon	7/17/2018		
	Opioids - Are They the Answer	1/18/2018	3/13/2018	7/16/2018
	Osteoporosis medications	11/10/2016	5/7/2018	
	Oxygen: Too Much of a Good Thing?	Article - May 2016		
	Pain Medications	5/9/2018		
	Prescription Drug Prices	8/9/2017	9/19/2017	
	Provigil (Modafinil)	7/13/2016	5/16/2018	
	Provigil (Modafinil) and PPS Fatigue	BB - 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	7/27/2018	
	Statin	12/4/2015	1/1/2016	1/12/2016
		2/28/2016	4/26/2016	4/17/2018
		6/1/2018		
	Statin - Before Polio Survivors Take Statin Medications	BB - Jan. 2016		

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	Steroids - My doctor prescribed them. Should I be concerned?	Article - March 2016		
	Steroid Use	4/11/2017	6/25/2017	
	Steroid hormones	3/6/2015		
	Swallowing Issues and Medication	BB - 2018		
	The Psychology of Treating PPS	BB - 2018		
	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 Heart Conditioning	BB - 2018		
	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		
	Exercise: Should Polio Survivors do Exercise for Strengthening?	BB - 2016		
	Exercising, Build Damaged 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		
	Muscle Strengthening	6/15/2018		
	Neither Exercise nor Psychotherapy reduce Fatigue	8/25/2015	8/1/2017	
	Physical Activities and PPS Symptoms	8/1/2017		
	Physical Therapy	10/7/2015	1/12/2017	6/13/2017
		3/26/2018	4/27/2018	
	Preventing Ultimate Burnout in Polio Survivors	Article - 2018		
	Pushing Yourself too Far	12/4/2014	5/13/2015	12/9/2015
		7/20/2016		
	Sitting, exercise CD	9/30/2015		
	Use it and Lose it	Article - 2017		

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	Walking	7/15/2015	5/10/2016	
Fatigue	Anemia	2/24/2015		
	"Brain" Fatigue, experimental drugs for	12/8/2016		
	Bromocriptine (Pargolol) and Post-Polio Fatigue (Research Article)	Article - 2018		
	Chronic Fatigue, and exercise	3/19/2017	3/18/2017	4/2/2017
	Chronic Fatigue and Polio Link Explored	BB - 2018		
	Chronic Fatigue Syndrome and PPS	Article - Feb 2016		
	Chronic Fatigue - Fainting and Autonomic Dysfunction (Research Article)	Article - 2018		
	CoEnzyme Q-10 and PPS Fatigue	BB - 2015		
	Elevated Plasma Prolactin and EEG Slow Wave Power in Post-polio Fatigue (Research Article)	Article - 2018		
	Fainting	4/25/2015		
	Fainting and Fatigue - Causation and Coincidence	Article - April 2015		
	Fainting and Fatigue in Polio Survivors	Article - April 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 the Post-Polio Brain	Article - 2016		
	Fatigue and need for Sleep Study	11/9/2017		
	Mental Status Exam: Caution for Polio Survivors to share with their Physicians	Article - Feb 2018		
	Muscle Overuse and Sleep Issues	BB - 2017		
	Neuropsychology of Post-Polio Fatigue (Research Article)	Article - 2018		
	Parkinson's Brain Cells and Burnout	BB - Aug. 2015		
	Pathophysiology of Post-Polio Fatigue: A Role for the Basal Ganglia in the Generation of Fatigue (Research Article)	Article - 2018		
	Polioencephalitis and the Brain Fatigue Generator Model Of Post-Viral Fatigue Syndromes (Research Article)	Article - 2018		
	Poliovirus Causes Chronic Fatigue	BB - 2018		
	The PPS Roller Coaster	BB - 2017		
	Provigil (Modafinil) and PPS Fatigue	BB - 2018		
	Restless Legs and Moving Muscles During Sleep	BB - 2017		
	Sleep - Is it necessary?	1/5/2018	6/13/2018	
	Upper Arms, New pain and fatigue	6/28/2016		

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FDA	Approval, Extended release (ER) Drugs	8/10/2015		
	Compliance with Treatment for Post-Polio (Research Article)	Article - 2018		
	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		
	Compliance with Treatment for Post-Polio (Research Article)	Article - 2018		
	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	
	IRS and Disability	BB - 2016		
	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 refusing payment for BiPap	7/23/2018		
	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

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	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 Feet	BB - 2017		
	"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	
	Restless Legs	BB - 2018		
	Restless Legs and Moving Muscles During Sleep	BB - 2017		
	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	
	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		
	Autopsy of a Polio Survivor with Muscle Weakness	BB - 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		
	Blood Sugar/Diabetes: Blood Sugar Can Be too Low	BB - 2016		
	Brain	11/1/2014	4/1/2015	11/3/2015

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		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		
	Compliance with Treatment for Post-Polio (Research Article)	Article - 2018		
	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	
	How Many Neurons am I Losing?	BB - 2016		
	Long Standing Polio and Psychological Health	BB - Mar. 2015		
	Mental Status Exam: Caution for Polio Survivors to share with their Physicians	Article - Feb 2018		
	Neuron Function	12/12/2015	12/29/2015	8/11/2016
		10/12/2016		
	Neurons, regenerating in Polio Survivor	8/11/2016		
	Neuropsychology of Post-Polio Fatigue (Research Article)	Article - 2018		
	Parasympathetic Nervous System	10/8/2015		
	Parkinson's Brain Cells and Burnout	BB - Aug. 2015		
	The Pathophysiology of Post-Polio Fatigue: A Role for the Basal Ganglia in the Generation of Fatigue (Research Article)	Article - 2018		
	The Psychology of Treating PPS	BB - 2018		
	Questioning Prescription Drug Prices	6/30/2017	8/9/2017	
	Stem Cells and PPS	BB - 2018		
	Transverse Myelitis; "Polio Like" illness	4/25/2016		
	West Nile Virus - Could it be the New Polio?	BB - 2018		
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	Autopsy of a Polio Survivor with Muscle Weakness	BB - 2015		
	Balance Problems	BB - Jun. 2017		
	Blood Test for Post-Polio Muscle Pain	BB - 2018		
	Cerebral Palsy and Polio, the difference	5/23/2016		

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	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		
	EMG - How to Interpret in a Polio Survivor	TB - 2016		
	Exercise and Heart Conditioning	BB - 2018		
	Exercise: Should Polio Survivors do Exercise for Strengthening?	BB - 2016		
	How Many Muscles were Affected by the Polio Virus	BB - May 2017		
	How Many Neurons am I Losing?	BB - 2016		
	Motor Neurons and Brain Stem Deterioration	12/29/2015		
	Muscle Cramps and Muscle Spasms	BB - 2017		
	Muscle Cramps vs Muscle Spasms (Brief)	BB - 2016		
	Muscle Disuse Atrophy	BB - 2016		
	Muscle Pain in Polio Survivors	Article - April 2016		
	Muscle Overuse and Sleep Issues	BB - 2017		
	Muscle Weakness, Transient	BB - 2018		
	Pain, Muscle	5/8/2015	9/26/2015	10/24/2015
		11/3/2015	12/4/2015	9/18/2017
		6/1/2018		
	Restless Legs and Moving Muscles During Sleep	BB - 2017		
	Spasms, Muscle	10/20/2015	12/11/2015	12/12/2015
		2/24/2016	4/20/2016	5/24/2018
	Strengthening, Muscle	6/15/2018		
	Threshold Electric Stimulation (TES) and PPS	Article - 2018		
	Tone Loss, Muscle	11/29/2015	12/11/2015	12/12/2015
		9/2/2016		
	Transient Muscle Weakness	BB - 2018		
	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	It's All in the Family	BB - 2016		
	Paralytic vs Non-Paralytic Polio	BB - 2018		
	Paralytic vs Non-Paralytic Polio: A Distinction without a Difference (Research Article)	Article -2018		

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	Polio Suspects and Paralytic vs "Non-Paralytic" Polio	BB - 2018		
	Summer "Grippe"	5/13/2015		
	The Summer Grippe - Cincinnati's Stealth Polio Epidemic	Article - 2017		
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		
	Oxygen: Too Much of a Good Thing?	Article - May 2016		
Pain	Back	11/7/2014	2/6/2016	3/8/2016
		6/27/2017		
	Blood Test for Post-Polio Muscle Pain	BB - 2018		
	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		
	Migraines and PPS	BB		
	Muscle	5/8/2015	9/26/2015	10/24/2015
		11/3/2015	12/4/2015	
	Muscle Pain in Polio Survivors	Article - April 2016		
	Neck	8/18/2015	7/14/2016	5/24/2018
	Pain and Depression	3/21/2018		
	Pain Medications	5/9/2018		
	"Painful" Posture	7/24/2017		

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	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	Acupuncture, for pain	7/4/2018		
	Anesthesia	8/18/2015	8/21/2015	3/29/2016
		4/5/2016	6/1/2018	
	Chiropractic - Is it a Cure for Polio Survivors	Article - December 2015		
	Chiropractic Care	BB - 2017		
	Knee Pain Relief without Surgery	7/24/2017		
	Meditation	11/12/2015		
	Non-Opioid, relief	6/13/2016	7/16/2018	
	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		
	The Psychology of Treating PPS	BB - 2018		
	Threshold Electric Stimulation (TES) and PPS	Article - 2018		
	Vibration Therapy and PPS	BB - 2018		
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		
Physician	What IS a Psysiatrist?	BB - 2018		
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		

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Exercise and Polio Damage	3/26/2018		
Fear	6/15/2015		
Frozen Fingers and Polio Feet	Article - 2015		
Getting Polio from the Vaccine in 1955	12/27/2014	2/22/2015	
High Blood Pressure and Polio	3/19/2015	6/12/2016	7/14/2018
History	5/13/2015		
How Many Neurons am I Losing?	BB - 2016		
How Many Survivors ARE There?	BB - May 2016		
It's All in the Family	BB - 2016		
Long Standing Polio and Psychological Health	BB - Mar. 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	
Paralytic vs Non-Paralytic Polio	BB - 2018		
Paralytic vs Non-Paralytic Polio: A Distinction without a Difference (Research Article)	Article -2018		
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 Military	BB - 2017		
Polio and the Temporal Lobe	11/17/2017		
Polio and Chronic Fatigue Link Explored	BB - 2018		
Polio Arms and Polio Legs	2/8/2018		
Polio Feet	BB - 2017		
"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 Suspects and Paralytic vs "Non-Paralytic" Polio	BB - 2018		
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		
	Poliovirus and "Clusters"	BB - 2018		
	Poliovirus Causes Chronic Fatigue	BB - 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		
	Swallowing Difficulties and Polio	BB - 2017		
	The Difference Between Post-Polio Sequaelae and Post-Polio Syndrome	BB - 2016		
	The End of Polio?	BB - April 2016		
	The Psychology of Treating PPS	BB - 2018		
	The Summer Grippe and Type 2 Polio	BB - 2015		
	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	
	West Nile Virus - Could it be the New Polio?	BB - 2018		
Poliovirus	How Many Muscles were Affected by the Polio Virus	BB - May 2017		
	Paralytic vs "Non-Paralytic" Polio	Article - 2018		
	Paralytic vs Non-Paralytic Polio: A Distinction without a Difference (Research Article)	Article - 2018		
	Poliovirus and "Clusters"	BB - 2018		
	Poliovirus Causes Chronic Fatigue	BB - 2018		
	Polioviruses Live On and On	Article - Sept. 2015		
	The Summer Grippe - Cincinnati's Stealth Polio Epidemic	Article - 2017		
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	
	Chronic Fatigue Syndrome and PPS	Article - Feb 2016		
	CoEnzyme Q-10 and PPS Fatigue	BB - 2015		
	Poliovirus Causes Chronic Fatigue	BB - 2018		
	Sleep - Is it Necessary?	1/5/2018	6/13/2018	
Polio Survivors	Autopsy of a Polio Survivor with Muscle Weakness	BB - 2015		

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	Statin - Before Polio Survivors Take Statin Medications	BB - Jan. 2016		
	Befriending other Polio Survivors	1/16/2018		
	Cardiac Drugs, High Blood Pressure and Polio Survivors	Article - March 2015		
	Cardinal Edward Egan	3/10/2015		
	Chiropractic - Is it a Cure for Polio Survivors	Article - December 2015		
	Cold and Polio Survivors	Article - 2018		
	Daily Log	8/1/2017		
	Dental Surgery: Preventing Complications	Article - 2016		
	Effects of Cold on Polio Survivors (Research Article)	Article - 2018		
	EMG - How to Interpret in a Polio Survivor	TB - 2016		
	Fatigue: Fainting and Fatigue in Polio Survivors	Article - April 2015		
	Frozen Fingers and Polio Feet	Article - 2015		
	Gastric Bypass and Polio Survivors	BB - 2018		
	How Many Survivors ARE There?	BB - May 2016		
	Long Standing Polio and Psychological Health	BB - Mar. 2015		
	Muscle Pain in Polio Survivors	Article - April 2016		
	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		
	Preventing Complications in Polio Survivors undergoing Dental Procedures	Article - 2016		
	Preventing Complications in Polio Survivors undergoing Surgery (or) Receiving Anesthesia	Article - 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		
	Stem Cell Therapy and Polio Survivors	Article - 2015		
	Sweating and Polio Survivors	BB - 2018		
	Temperature and Polio Survivors	Article - 2015		
	"testing" the limits	5/21/2017		
	Type A Polio Survivors	BB - 2018		
	Type A Behavior and Polio Survivors	Article - 2017		
Post Polio Syndrome (PPS)...and	Acupuncture, for pain	7/4/2018		
	ALS and "Other" Diagnosis	10/17/2017		
	Anesthesia	12/15/2016		
	Arthritis	1/23/2017		

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Avoiding PPS	BB - 2015		
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		
CoEnzyme Q-10 and PPS Fatigue	BB - 2015		
Compliance with Treatment for Post-Polio (Research Article)	Article - 2018		
Constipation and PPS	3/28/2015	2/9/2016	5/7/2016
	6/11/2016		
Corticosteroids and Polio Survivors, NIH Study	3/6/2015		
Chronic Fatigue Syndrome and PPS	Article - Feb 2016		
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	
DiETING and PPS	BB - 2018		
EMG and PPS	7/20/2015	8/25/2015	2/1/2016
	2/24/2016		
Emotional Stress and PPS	Article - 2018		
Existence, The truth of PPS	1/3/2015		
Fatigue	9/20/2017	1/21/2018	1/25/2018
Fear and PPS	Article - 2017		
Fatigue and the Post-Polio Brain	Article - 2016		
Hearing Issues, Susceptibility to	2/26/2015		
High blood pressure	3/19/2015	6/12/2016	7/14/2018
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 and It's Ability to Treat PPS	BB - Aug. 2016		
IVIG and Post-Polio Syndrome. A Trial	BB - 2018		
IVIG (Intravenous Immounoglobulin) and PPS	11/25/2017		
Joint pain	6/24/2016		
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		

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Memory and Sugar	7/22/2018		
Migraines and PPS	BB		
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 Personality (Research Article)	Article - 2018		
Post Polio Sequale	3/25/2015		
PPS - Physiological and Psychological Overview (Research Article)	Article - 2018		
The PPS Roller Coaster	BB - 2017		
Protein for Polio Survivors, Daily amount	7/20/2016	12/6/2016	
Provigil (Modafinil) and PPS Fatigue	BB - 2018		
The Difference Between Post-Polio Sequelae and Post-Polio Syndrome	BB - 2016		
The Psychology of Polio as Prelude to Post-Polio Sequelae: Behavior Modification and Psychotherapy (Research Article)	Article - 2018		
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 and PPS	BB - 2018		
Stem Cells curing PPS	6/23/2016		
Survivors that get PPS, Percentage	10/22/2015		
The Psychology of Treating PPS	BB - 2018		
Threshold Electric Stimulation (TES) and PPS	Article - 2018		
Trauma or Illness Preceding PPS	8/9/2017		
Trauma and Illness as Precipitants of PPS	Article - 2017		
United Kingdom, PPS in the	2/7/2017		
Vibration Therapy and PPS	BB - 2018		
Voice Issues and PPS	8/28/2015		
Word Finding Difficulty and PPS	Article - 2018		

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	Word Finding Difficulty and PPS (Research Article)	Article - 2000	
Psychology	Avoiding PPS	BB - 2018	
	Depression or Sadness?	Article - Nov. 2017	
	Emotional Stress and PPS	Article - 2018	
	Fear and PPS	Article - 2017	
	Hyperactive Behavior and Non-Compliance (Research Article)	Article - 2018	
	Long Standing Polio and Psychological Health	BB - Mar. 2015	
	Post-Polio Personality (Research Article)	Article - 2018	
	PPS - Physiological and Psychological Overview (Research Article)	Article - 2018	
	Stress and Type A Behavior (Research Article)	Article - 2018	
	The Psychology of a Second Disability (Research Article)	Article - 2018	
	The Psychology of Polio as Prelude to Post-Polio Sequelae: Behavior Modification and Psychotherapy (Research Article)	Article - 2018	
	The Psychology of Treating PPS	BB - 2018	
	Trauma and Illness as Precipitants of PPS	Article - 2017	
	Type A Behavior and Polio Survivors	Article - 2017	
Type A Polio Survivors	BB - 2018		
Research(er)	Albert Sabin	5/13/2015	
	Bromocriptine (Purlodel) and Post-Polio Fatigue (Research Article)	Article - 2018	
	Chronic Fatigue - Fainting and Autonomic Dysfunction (Research Article)	Article - 2018	
	Compliance with Treatment for Post-Polio (Research Article)	Article - 2018	
	Effects of Cold on Polio Survivors (Research Article)	Article - 2018	
	Fatigue: Elevated Plasma Prolactin and EEG Slow Wave Power in Post-polio Fatigue (Research Article)	Article - 2018	
	How Many Survivors ARE There?	BB - May 2016	
	Hyperactive Behavior and Non-Compliance (Research Article)	Article - 2018	
	Muscle Pain and Statins	6/1/2018	
	Neuropsychology of Post-Polio Fatigue (Research Article)	Article - 2018	
	Paralytic vs Non-Paralytic Polio: A Distinction without a Difference (Research Article)	Article - 2018	
	The Pathophysiology of Post-Polio Fatigue: A Role for the Basal Ganglia in the Generation of Fatigue (Research Article)	Article - 2018	
	Polio and the Military	BB - 2017	
	Polioencephalitis and the Brain Fatigue Generator Model Of Post-Viral Fatigue Syndromes (Research Article)	Article - 2018	
	Post-Polio Personality (Research Article)	Article - 2018	

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	PPS - Physiological and Psychological Overview (Research Article)	Article - 2018		
	The Psychology of a Second Disability (Research Article)	Article - 2018		
	The Psychology of Polio as Prelude to Post-Polio Sequelae: Behavior Modification and Psychotherapy (Research Article)	Article - 2018		
	Sleep Scientist, Daniel Gartenberg	6/13/2018		
	Stress and Type A Behavior (Research Article)	Article - 2018		
	University of Queensland	10/14/2017		
	Word Finding Difficulty and PPS (Research Article)	Article - 2000		
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	7/14/2018
	Reactions, medication	2/19/2015	3/18/2017	
Sleep	Abnormal Movements in Sleep	Article - 2018		
	Muscle Overuse and Sleep Issues	BB - 2017		
	Restless Legs	BB - 2018		
	Restless Legs and Moving Muscles During Sleep	BB - 2017		
Social Security Disability (SSDI)	IRS and Disability	BB - 2016		
	Procedure for Applying	Article - 2018		
	Social Security Disability - Applying for and Getting it	BB - Dec. 2015		
	SSDI Application Letter			
	SSDI Denial Letter			
	SSDI Online Application Form			
	SSDI Template for Physicians			
	Social Security Ruling for Post-Polio Sequelae (Current)			
	Social Security Ruling for Post-Polio Sequelae (Original 2003)	2003		
Speech and Swallowing	Swallowing	3/28/2015	11/11/2015	2/26/2016
		7/23/2016	7/20/2017	2/8/2018
	Swallowing, difficulties/issues	3/28/2015	11/11/2015	2/26/2016
		7/23/2016	7/20/2017	2/8/2018
	Swallowing Difficulties and Polio	BB - 2017		
	Swallowing Issues and Medication	BB - 2018		
	Video Swallowing Study	7/20/2017		
	Voice Issues and PPS	8/28/2015		

	When You Just Can't Swallow It	BB - 2017		
Spine/Back	Cerebral Palsy and Polio, the difference	5/23/2016		
	Chiropractic - Is it a Cure for Polio Survivors	Article - December 2015		
	Chiropractic Care	12/18/2015		
	Chiropractic Care	BB - 2017		
	How Many Neurons am I Losing?	BB - 2016		
	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		
	Parkinson's Brain Cells and Burnout	BB - Aug. 2015		
	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 and Post-Polio Syndrome. A Trial	BB - 2018		
	IVIG (Intravenous Immunoglobulin) and PPS	11/25/2017		
	Memory and Sugar	7/22/2018		
	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		
Study, Participating in a	STUDY TO FIND GENETIC SUSCEPTIBILITY CAUSING AFM (Acute Flaccid Myelitis)	6/18/2018		

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		
	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		
Swallowing	Swallowing	3/28/2015	11/11/2015	2/26/2016
		7/23/2016	7/20/2017	2/8/2018
	Swallowing, difficulties/issues	3/28/2015	11/11/2015	2/26/2016
		7/23/2016	7/20/2017	2/8/2018
	Swallowing Difficulties and Polio	BB - 2017		
	Swallowing Issues and Medication	BB - 2018		
	Video Swallowing Study	7/20/2017		
	When You Just Can't Swallow It	BB - 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
	Balance Problems	BB - Jun. 2017		
	Blood Sugar/Diabetes: Blood Sugar Can Be too Low	BB - 2016		
	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		
	CoEnzyme Q-10 and PPS Fatigue	BB - 2015		
	Constipation	3/28/2015	2/9/2016	5/7/2016
		2/8/2018		

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	Depression and Pain	3/21/2018	4/23/2018	
	Depression during Menopause	3/30/2017		
	Depression or Sadness?	Article - Nov. 2017		
	Emotional Stress and PPS	Article - 2018		
	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	
	High Blood Pressure, Cardiac Drugs and Polio Survivors	Article - March 2015		
	Inflammation	12/4/2015		
	Leveling Off, symptoms	10/24/2015		
	Memory Issues	1/21/2018	5/3/2018	
	Memory and Sugar	7/22/2018		
	Multiple symptoms and PPS	3/15/2018		
	Muscle Overuse and Sleep Issues	BB - 2017		
	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		
	Restless Legs	BB - 2018		
	Restless Legs and Moving Muscles During Sleep	BB - 2017		
	Sprains, Strains and Tears	2/27/2017		
	Stiff Neck	5/13/2015		
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