

## Newsletter Index 2016-2021

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Newsletter Date	Article Title	Article Type	Author/Author Reference
<b><u>January 2016</u></b>	20 Things Wheelchair Users Need/Should Know For Polio Survivors with Breathing Issues	11/20/15 The BreathBB Forum!	Roland Reznik Dr. John Bach, MD
	"Non-Paralytic" Polio	BB 1/5/16	Dr. Richard L. Bruno, PhD
	Post-Polio Back Pain	Q&A	Dr. William DeMayo, MD
	The Benefits of Staying Engaged in Life - Despite Chronic Pain	Research	Post-Polio Health International
	The "End" of Polio?	BB 12/2015	Dr. Richard L. Bruno, PhD
<b><u>February 2016</u></b>	Brianna Murray, High School Student		Deb Stambaugh
	"Foot Drop" - What is it?		The Mayo Clinic
	Leg "Twitching"	BB 8/21/15	Dr. Richard L. Bruno, PhD
	Newsletter Order Form		
	The Cycle of Pain and Fear for a Polio Survivor		
	The Difference Between Muscle Cramps and Muscle Spasms?	BB 2/2016	Dr. Richard L. Bruno, PHD
	The Role of Happiness in People Living with Chronic Pain	Research	Post-Polio Health International
	The Safety of Taking Prolia and Other Medications	Q&A	Dr. William DeMayo, MD
<b><u>March 2016</u></b>	From Polio Patient to Polio Voice	Personal Story	Daniel J. Wilson, PhD
	Newsletter Order Form		
	Polio Revisited - A Documentary Film		Ex. Producer David Wasser and RLTV
	Steroids...Should I be Concerned?	Rev. 3/2016	Sugar, Steroids and Stress Dr. Richard L. Bruno, PhD
	What do Politics and Chronic Disease Have in Common?	Article	Dr. William DeMayo, MD
<b><u>April 2016</u></b>	"Anesthesia Warning" Card		PPSN Polio Awareness
	Anesthesia Warning - Why it's important		Carol Ferguson
	A New Standard	Disability	Glenn Coyle
	"In Search of the Perfect Brace with Perfect Fit"	Article	Dr. William DeMayo, MD
	Newsletter Order Form		
	"Polio Awareness" Month		John Bach, MD
	Polio Revisited - A Documentary Film		Ex. Producer David Wasser and RLTV
	Preventing Complications in Polio Survivors Undergoing Surgery		Dr. Richard L. Bruno, PhD
	Summary of Anesthesia Issues for the Post-Polio Patient		By Selma H. Calmes, MD, Brought to us by Post-Polio Health International
<b><u>May 2016</u></b>	Anesthesia Warning	Update	Selma Calmes, MD
	In Search of the Perfect Brace with Perfect Fit		Dr. William DeMayo, MD
	Medical Marijuana	BB 3/28/16	Dr. Richard L. Bruno, PhD
	Newsletter Order Form		
	Polio - The US v's Australia	Personal Story	By Philip Minter
	Post-Polio Protein Power: Eat Well, Be Well		Dr. Richard L. Bruno, PhD
	"The Switch" - the end of Polio	Video	Post-Polio Health International
	We can Make a Difference		Rotary
<b><u>June 2016</u></b>	A Physician's Perspectives on Guiding Care Givers		Dr. William DeMayo, MD

	Caring for Each Other			
	Loving Joe	Personal Story		By Linda Randig
	Newsletter Order Form			
	Polio: All in the Family?	BB 6/2016		Dr. Richard L. Bruno, PhD
	Post-Polio Health Care Considerations for Families & Friends	3 Articles		Post-Polio Health International
	Symptom Check List For Families and Caregivers			
	"Why is my good leg now getting weaker"?	BB 5/1/16		Dr. Richard L. Bruno, PhD
<b>July 2016</b>	Exercise and Weight Loss for the Polio Survivor	Q&A		Dr. William DeMayo, MD
	Having had Undiagnosed Polio	BB 06/2016		Dr. Richard L. Bruno, PhD
	Newsletter Order Form			
	Photo Collage of Gratitude for Rotary International			
	Post-Polio Syndrome - What IS it? How did we get it?	6/2016		Joan L. Headley, MS, Ex. Dir., PPHI
	PPS, only having had a "Mild" case of Polio and EMG's	BB 04/2016		Dr. Richard L. Bruno, Ph
	Remember: Polio - Disease 'Struck Terror' into Yourk County, PA	Personal Story		Daily Record, York PA
	Three More	New diseases		Millie Malone Lill
<b>August 2016</b>	9 Types of Medications That Can Lead to Chronic Fatigue	updated 6/2016		Dr. Armon B. Neel, Jr.
	Cholesterol Lowering Medications and Muscle Pain in Polio Survivors			Dr. Richard L. Bruno, PhD
	Is A Single Crutch a Good Idea?			Dr. William DeMayo, MD
	Medications	Excerpt		Post-Polio Health International
	Newsletter Order Form			
	The Difference Between Post-Polio Sequelae and Post-Polio Syndrome?	BB		Dr. Richard L. Bruno, Ph
<b>September 2016</b>	How to Manage Fatigue?			Post-Polio Health International
	Insomnia (the Lack of Restful Sleep)	Series		Dr. William DeMayo, MD
	Low Back Pain Always Being PPS	BB		Dr. Richard L. Bruno, PhD
	Our "Collage of Gratitude"			
	Polio: Pain and Progress	Video interview		Published by Calkins Media
	Post-Polio Brain Fatigue			Dr. Richard L. Bruno, PhD
	Post-Polio Fatigue and Sleep (or lack thereof)	Articles		International Centre for Polio Education, Post-Polio Health International and Dr. William DeMayo, MD
	Post-Polio Health Care Considerations for Families & Friends	Articles		Post-Polio Health International
<b>October 2016</b>	"Building a Life"	Survivor Story		Roger Pollazzi
	Finally Feeling Better when we "Conserve to Preserve"	BB		Dr. Richard L. Bruno, PhD
	Increasing Fatigue	BB		Dr. Richard L. Bruno, PhD
	Post-Polio and Sleep Medications	BB		Dr. Richard L. Bruno, PhD
	Post-Polio Fatigue and Sleep	Article	Part 2	
	Sleep Hygiene (Healthy Sleep Habits)	Series	Part 2	Dr. William DeMayo, MD
	What you need to do to get Medicare to pay for your Power Wheelchair/Scooter			Medicare Interactive.org
<b>November 2016</b>	Healthy Aging & Physical Disability	Research		Rehabilitation Research and Training Center
	Healthy Healing Relationships and Sleep	Article		Dr. Richard L. Bruno & Polio Southern Austra
	Latest Rehabilitation findings from the US			Dr. William DeMayo, MD
	Restless Leg Syndrome (RLS) & Periodic Leg Movement Disorder (PLMD)	Article	#3 in sleep series	Dr. William DeMayo, MD

	The Healing Power of Relationships	BB 10/17/16		Dr. Richard L. Bruno, PhD
<b><u>December 2016</u></b>	Better health for people with disabilities	Flyer		Post Polio Health International
	"Conserve to Preserve" - What does it really mean?	Q&A		Dr. William DeMayo, MD
	"How to Get the Most out of Health Care Visits"	Article	Hints	Healthy Aging & Physical Disability from the U
	"Of Frozen Fingers and Polio Feet"	Article		Dr. Richard L. Bruno, PhD
	"Out of Pocket" - Medical expenses incurred by Polio survivors	Survey		PHI and the International Centre for Polio Edu
	That special Christmas of 1953	Loving memory		Survivor, Joe Randig
	"What's New" section	Articles		Dr. William DeMayo, MD
<b><u>January 2017</u></b>	"A Baby Boomer's New Year Resolution: Ask Your Doctor About Your Medicines"	Article	"Less Is Often More"	Saint Louis University Medical Center
	Chronic Illness Masquerading as Acute Problem: Post-Polio Syndrome	Article		PPHI - Jeannette Y. Wick, Rph, MBA, FASCF
	Florida PPS Support Group	Informational		
	Medications and PPS	Q&A		Dr. William DeMayo, MD
	"Polio Place"	Interview	Bracing	Dr. Marny K. Eulberg, MD
	Post-Polio Bracing	Questions		Marny K. Eulberg, MD
	"PPS - The Australian Experience"	DVD		
	Swallowing and Choking issues	BB 12/27/16		Dr. Richard L. Bruno, PhD
	"The Polio Crusade"	Documentary DVD		
<b><u>February 2017</u></b>	"Bruno Bytes" Index	Informational	By Topic	Website
	"Going Forward...She Does Not Yield"	True Story	Strength/Determination	Nancy Moffett
	"Polio-Like Illness"	Question	What IS it?	Dr. Eve Glazier, MD
	Shoulder Pain	Question		Dr. William DeMayo, MD
	Winter Travel	Safety Tips		CDC
<b><u>March 2017</u></b>	A Beginner's Guide to Portion Control	Informational	Diet	Magee-Womens Hospital of University of Pitt
	"A Paralyzing Fear" The Story of Polio in America	Documentary Film		Director Nina Gilden Seavey
	Breathing Muscle Weakness	Informational		
	"Flu, Fatigue and Post-Polio Syndrome"	Q&A		Dr. William DeMayo, MD
	"Sprains, Strains and Tears"	BB 2/27/17		Dr. Richard L. Bruno, PhD
	The Late Effects of Polio - Do you know the signs?	Article	(LEoP)	Polio Australia
	What's So Bad About Sugar?	Article/Post		
<b><u>April 2017</u></b>	"Allergies" to medications	BB 3/18/17		Dr. Richard L. Bruno, PhD
	Medicare Requirements for Power Wheelchairs	BB 3/18/17		Dr. Richard L. Bruno, PhD
	"Polio Awareness Month"	Informational	"Statement of Purpose"	
	Post-Polio Sequelae - What is it?	BB 2/5/17		Dr. Richard L. Bruno, PhD
	Power Mobility Equipment - Medicare and Insurance Coverage	Informational		Dr. William DeMayo, MD
	Wheelchairs Over Time	Article		Rolling Without Limits
<b><u>May 2017</u></b>	Concepts of Shoulder Self Management for the Polio Survivor	Article		Dr. William DeMayo, MD
	Inspector General Warns Public about Phone Calls from OIG "Imposters"	Phishing scheme		Gale Stallworth Stone, Acting Inspector Gene
	Lack of Energy	BB 3/15/17		Dr. Richard L. Bruno, PhD
	One Crutch or Two?	BB 4/11/17		Dr. Richard L. Bruno, PhD
	Power Wheelchair (and Equipment) "Scams"	BB 3/28/17		Dr. Richard L. Bruno, PhD
	Scams	BB		Dr. Richard L. Bruno, PhD
	Shoulder pain - it's a common Post-Polio issue	Article		Dr. William DeMayo, MD

	Strategies for Management of Arms and Shoulders	Article		Post-Polio Health International
<b>June 2017</b>	Transitioning to a Wheelchair: An Exploration of Our Fundamental Fears	Article		Post-Polio Health International
	A Bare Bones Super-Light Chair is Not for Everyone	Article		Rolling Without Limits
	The "Power" of Moving to the Right Chair	BB Tidbit		Dr. Richard L. Bruno, PhD
	Forever on Stage	Survivor Story		Muriel McCarthy Geigert
<b>July 2017</b>	Getting so cold with air conditioning	BB Tip		Dr. Richard L. Bruno, PhD
	How to exercise on our own	BB 5/16/17		Dr. Richard L. Bruno, PhD
	Physical Therapy	BB 6/13/17		Dr. Richard L. Bruno, PhD
	Questioning Prescription Drug Prices	BB 6/30/17		Dr. Richard L. Bruno, PhD
	Doctors and Pharmacists: An Underused Resource to Manage Drug Costs for Older Adults	Poll		National Poll on Healthy Aging
	Swelling and Polio Survivors - Why we need to take it seriously	Q&A Clinic		Dr. William DeMayo, MD
	Heat and Older Adults	Do's & Don'ts		CDC
	A Summer Conference for Polio Survivors and our Caregivers	8/26/17		
	Newsletter Article Availability			
<b>August 2017</b>	Increased Security for Medicare	Attention!		Medicare
	How I learned to Stop Worrying and Love Technology	Article		Daniel J. Wilson, PhD
	Muscle Cramps and Muscle Spasms	BB Tidbit		Dr. Richard L. Bruno, PhD
	Spinal Injections	Q&A Clinic		Dr. William DeMayo, MD
	Conference Location and Registration			
	"Aging with Dignity" 2017 Photo Contest			Post-Polio Health International
<b>September 2017</b>	Post-Polio Care - The Future	Article		Dr. William DeMayo, MD
	Riding Semi-Accessible Rails with Great Success	Article		Survivor Jann Hartman
	Physical Activities and PPS Symptoms	BB Tidbit		Dr. Richard L. Bruno, PhD
	The Daily Log			
	Migraines and PPS	BB Tidbit		Dr. Richard L. Bruno, PhD
	Putting the Assisted Living Facility Contract Under a Microscope	Article - CR		By: Penelope Wang - Consumer Reports
	World Polio Day - October 24, 2017	Donate or Register		
	"Team Survivor"	Donation Form		
<b>October 2017</b>	Why is having PPS so hard? Why did this happen to me?	Presentation		Dr. Daniel Wilson, PhD.
	A Note About Anesthesia Warning Cards			
	Type A Behavior and Polio Survivors	Article		Dr. Richard L. Bruno, PhD
	"Pain is inevitable; Suffering is optional."	BB		Dr. Richard L. Bruno, PhD
	Late Effects of Polio: The Psychosocial	Article		Post-Polio Health Care Considerations for Fa
	"Bigger" than Polio	Survivor Story		Sally (Stevens) Luck
	World Polio Day - October 24, 2017	Team Survivor		Rotary
	"Team Survivor"	Donation		Rotary
<b>November 2017</b>	We Have Nothing to Fear But...	Article	Rev. Oct 2017	Dr. Richard L. Bruno, PhD
	A Life of Heros and Adventures	Survivor Story		Josephine (Briggs) Gross
	Pain Management through Exercise and Energy Conservation	Article		Marguerita Murray, MS, OTR/L and Melanie /
	Team Survivor			
<b>December 2017</b>	Post-Polio Care - Past, Present and Future	DVD - Availability		
	Winter Wellness - Stay Healthy	Article/Tips		
	The Flu and Pneumonia Vaccines	BB 10/30/17		Dr. Richard L. Bruno, PhD

	Flu Season is Here	Article	Newswise
	Word Finding Difficulty as a Post-Polio Sequale	Article	Dr. Richard L. Bruno, Jerald R. Zimmerman, I
	Winter Wellness	Q&A Clinic	Dr. William DeMayo, MD
	Professional Assistance	Article	PPHI
<b><u>January 2018</u></b>	August 2017 Conference Video - Available!	Order Info.	
	Ruth's Journey	Personal Story	By Paul Anselm
	Muscle Spasms	BB Update from 2017	Dr. Richard L. Bruno, PhD
	Paralytic vs. "Nonparalytic" Polio		Am J Phys Med Rehabil. 2000 Jan-Feb;79(1)
	How Many US Polio Survivors ARE There?	BB 12/2017	Dr. Richard L. Bruno, PhD
	Severe Weather Tips For those needing Mobility Equipment	Article	<a href="https://www.karmanhealthcare.com/how-to-ta">https://www.karmanhealthcare.com/how-to-ta</a>
	The difference between OPV (Oral Polio Vaccine) and IPV (Inactivated Polio Vaccine)?	Vaccine History	WHO - Carolyn Sein, MD.
<b><u>February 2018</u></b>	New Medicare Cards		Rep. Marquerite Quinn (PA)
	Influenza		
	The Common Cold - What you need to know	Article	By Laura Firszt
	Cold Intolerance	Article	PHI
	Polio Feet	BB Tidbit	Dr. Richard L. Bruno, PhD
	Being "hotter" in the warm weather	BB	Dr. Richard L. Bruno, PhD
	Do these 6 things when everyone around you is sick	Article	By Amy Height
	How I got a new sled and almost lost my life!	Personal Story	By Joe Randig
<b><u>March 2018</u></b>	Post-Polio Fatigue	Article	Richard Daggett and Mary Atwood - Rancho Amigos Post-Polio Support Group
	Why am I so tired? Why can't I think straight?	Article	Dr. Richard L. Bruno, PhD
	False Positives in Polio Survivors with Post-Polio Sequelae Who Are Given Mental Status Examinations	Article	Dr. Richard L. Bruno, PhD & ICPE
	What happens in your body and brain when you sleep	Article	by Sarah DiGiulio / Oct.10.2017
	Protect Your Brain for Life:	Article	Neurology Now
<b><u>April 2018</u></b>	April is Polio Awareness Month		
	What can WE do?		
	Join Team Survivor		
	The 10 Commandments of PPS	Article	Dr. Richard L. Bruno
	Anesthesia Warning Card		Dr. William DeMayo, MD
	Lessons from Abroad		
	An Overview of the Abu Dhabi, United Arab Emirates (UAE)	Article	Dr. William DeMayo, MD
<b><u>May 2018</u></b>	Polio Booster		CDC
	It's May, it's Spring and it's Housecleaning time	Article	Dr. William DeMayo, MD
	World Immunization Week		
	Swallowing Difficulties and Medications	Tidbit	Dr. Richard L. Bruno
	Be Antibiotics "Aware"		CDC
	Cultural issues in the UAE: How They Impact Health Care		Dr. William DeMayo, MD
	8 Ways to Spring Clean your Health Routine		Samantha Cassetty, RD
	Pittsburgh Polio Survivor told her story of being in an Iron Lung.	Article	Jael Greenleaf
<b><u>June 2018</u></b>	Nemesis, Book by Philip Roth	Book Review	by Kathy Galletty
	Managing the Late Effects of Polio		Polio Australia
	Why You Should Find a Primary Care Physician	Article	

	Some Factors to Consider When Choosing a New Primary Care Doctor	Article	by Eve Glazier, M.D. and Elizabeth Ko, M.D and Robert Ashley, M.D.	
	On the topic of Pain Medications	BB		Dr. Richard L. Bruno, PhD
	AFib Medications and Fatigue	Q&A		Dr. William DeMayo, MD
	Aging and Addiction: A Silent Epidemic	Article		Web MD
	Post-Polio Syndrome and Polio and the Polo Vaccine	Article		by Dr. Colin Tidy
<b>July 2018</b>	On the topic of How Muscles were affected by Polio	BB		Dr. Richard L. Bruno, PhD
	On the topic of a "Mild" case of Polio	BB		Dr. Richard L. Bruno, PhD
	Can a "mild" case (Non-Paralytic Polio) cause PPS?	Article		Dr. Richard L. Bruno, PhD
	Paralytic vs. "nonparalytic" polio: distinction without a difference?	Article		
	The Current Status of Health Care and Rehabilitation Medicine in the UAE	Lessons from Abroad		Dr. William DeMayo, MD
	Study To Find Genetic Susceptibility Causing AFM (Acute Flaccid Myelitis)	Johns Hopkins Study		
	The Two Polio Vaccines. What's the Difference?	Article		
<b>August 2018</b>	The Polio Virus(es)	Article		
	Arthritis and the Knee - What are my Options?	Article		Dr. William DeMayo, MD
	On the topic of understanding the limitations of PPS	BB		Dr. Richard L. Bruno, PhD
	On the topic of "Pushing" Yourself too Far	BB		Dr. Richard L. Bruno, PhD
	Polio Place	Excerpt		PPHI
<b>September 2018</b>	Encyclopedia of Polio and PPS	Online Publication		
	What are Vaccine-Derived Polioviruses and Vaccine-Associated Paralytic Poliomyelitis?	Article		GPEI
	Avoiding PPS: "A Pound of Prevention Is Worth a Ton of Therapy"	BB		Dr. Richard L. Bruno, PhD
	Parents' Decision To Not Vaccinate Baby Worries Grandma	Article	Ask The Doctors	Dr. Robert Ashley
	How Outlook and Social Ties Affect the way you Age	Article		Mandy Oaklander for Time Magazine
<b>October 2018</b>	World Polio Day - October 24, 2018			
	Accessibility Issues and Service for "People of Determination" of the UAE	Lessons from Abroad		Dr. William DeMayo, MD
	The Encyclopedia of Polio and Post-Polio Sequelae			Dr. Richard L. Bruno, PhD
	Eradicating Polio	Article		World Health Organization WHO
<b>November 2018</b>	Flu Season is Here	Article		Jaclyn Gallucci
	Should Polio Survivors have the flu vaccine	BB		Dr. Richard L. Bruno, PhD
	The Encyclopedia of Polio and Post-Polio Sequelae			
	Aging with Polio	Article		PPHI
	Measles is returning to a range of places - but not for the same reasons	Article		Jeffrey Kluger -TIME Health
	Team Survivor 2018			
	Survivor Tom Grant - Rotary event			
<b>December 2018</b>	"Self Care" holiday reminder			Dr. William DeMayo, MD
	COPD and Polio	Article		Dr. William DeMayo, MD
	Vampire Relatives			Dr. Richard L. Bruno, PhD
	Exorcism of Emotional Vampires	Article		Leslie Davenport
	5 Ways to combat Mental fatigue - Chronic disease			Kate Silver, Pfizer
	Surprised by Love - Book - edited by Millie Malone	Book Review		From Kathy Galletly
	"The Case of Vaccinating Children"	Documentary	PBS	Dr. Daniel Wilson, PhD and PBS

	The Encyclopedia of Polio and Post-Polio Sequelae			
<b><u>January 2019</u></b>	Polio 1916	Polio History		Daniel J Wilson, PhD
	Postpolio Syndrome and Anesthesia	Article		Anesthesiology
	Dear Abby - "Just for Today"	Article		
	Anesthesia Warning Card & Information Update			
<b><u>February 2019</u></b>	How to Boost your Immune System	Article		Harvard Health Publishing
	A Home Safety Checklist for Wheelchair Users	Article		Rolling Without Limits
	Creating Accessible Homes	Article		HGTV
	Cardiac Rehab			Dr. William DeMayo, MD
	AFM and the Polio Virus	BB		Dr. Richard L. Bruno, PhD
	Mysterious Polio-like Virus also Causes Neurological Symptoms			Keith Roach, MD
	AFM Polio Study			Johns Hopkins
<b><u>March 2019</u></b>	Symptom Checklist			
	How to Boost your Immune System - Pt. 2	Article		Harvard Health Publishing
	How We Began our Mission of Service			PPSN
	Bladder Basics in Polio Survivors			Dr. William DeMayo, MD
<b><u>April 2019</u></b>	The anniversary of the approval of the Salk Vaccine and World Immunization Week			
	World Immunization Week, April 24-30, 2019			Rotary & WHO
	Anesthesia Warning Card			
	The Witness Trees	Personal Story		Joe Randig
	Preparing for Surgery	BB		Dr. Richard L. Bruno, PhD
<b><u>May 2019</u></b>	How other countries celebrate Mother's Day			Wikipedia and Time
	Survivor Story - Jean Maddalena	Personal Story		Son, Michael
	Dr. DeMayo - FAQ	FAQ		Dr. William DeMayo, MD
	Polio Cases During the Salk Vaccine Trial in 1954	Article		Daniel J. Wilson PhD
	How to Manage Disability-Related Pain as You Age	Article		Univ. of Washington and PPHI
	"Too Early For Flowers" - Book Review	Book Review		By - D.Stambaugh
	News about Dr. Bruno's Encyclopedia of Polio and PPS	Index		Index Access Directions
<b><u>June 2019</u></b>	Power Wheelchair or Scooter	BB		Dr. Richard L. Bruno, PhD
	Top Five Tips for Wheelchair Posture Support	Article		Invacare and the American Academy of Ortho
	A Salute to our Veterans	John T. Margie, Story		Woodbury, NJ Rotary Club
	Wheel Chair? Power Chair? Scooter?	Article		
	Checking our our Website			
<b><u>July 2019</u></b>	PP Fatigue Log	BB		Dr. Richard L. Bruno, PhD
	In Search of "Normal"	Personal Story		By - D.Stambaugh
	GPEI - Who are they?			<a href="http://www.polioeradication.org">www.polioeradication.org</a>
	Gabapentin (Neurontin) and Muscle Weakness	Q&A		Dr. Mamy Eulberg, MD
<b><u>August 2019</u></b>	Polio: Where are we now	Article		Rotary International
	Gapabetin	Q&A		Dr. Marney Eulberg, MD
	Acute flaccid myelitis seen mostly in children	Ask the Doctors		Dr. Elizabeth Ko and Dr. Eve Glazier
	Fatigue	BB		Dr. Richard L. Bruno, PhD
	Stability of a New Style of Brace	BB		Dr. Richard L. Bruno, PhD
	The Power of Moving to the Right Chair			Dr. Richard L. Bruno, PhD
	A Spoonful of Sugar" from Mary Poppins	Article		Wikipedia



	Candyland	Article		Wikipedia
	Some Summer Fun			
	Team Survivor 2019			
<b><u>September 2019</u></b>	Aunt Betty's Braces	Article		By RK Bair, Chairman, Allegheny County Imn
	Where are we now - Pt. 2	Article		Rotary International
	5 Reasons why Polio can be eradicated	Article		Rotary International Jul. 29, 2019
	Fatigue, Brain Stem Damage and Low Blood Pressure	Q&A		Dr. Richard L. Bruno, PhD
	Why Does My Doctor Do That?	WebMD		Reviewed by Carol DerSarkissian
	A note about the Polio Eradication Effort			
	Team Survivor 2019			
<b><u>October 2019</u></b>	Polio Australia	Article		
	The Role of the Primary Care Physician in the Life of a Polio Survivor	Article		Dr. William DeMayo, MD
	Finding a Primary Doctor in the Digital Age	Article		Reviewed by Arefa Cassoobhoy, MD, MPH
	On the topic of Post-Polio Syndrome, Kidney Disease and Liver Enzymes	BB		Dr. Richard L. Bruno, PhD
	On the topic of Polio Survivors having Lower Immunity.	BB		Dr. Richard L. Bruno, PhD
	On the topic of PPS vs Post-Polio Sequelae	BB		Dr. Richard L. Bruno, PhD
<b><u>November 2019</u></b>	Three Types of Polio	BB		Dr. Richard L. Bruno, PhD
	Excerpt from the Polio Paradox - Book	Book		Dr. Richard L. Bruno, PhD
	Vaccines Work – A New Twist to an Old Message			PA Polio Network Team
	What to Ask a Doctor Before Choosing One	Article		Arefa Cassoobhoy, MD, MPH
	Put Together a Family Health Care Team	Article		<a href="#">Brunilda Nazario, MD</a>
	The Role of the Primary Care Physician in the Life of a Polio Survivor	Tip		Dr. William DeMayo, MD
<b><u>December 2019</u></b>	On the topic of PPS and Depression	BB		Dr. Richard L. Bruno, PhD
	Long-Standing Poliomyelitis and Psychological Health			Dr. Richard L. Bruno, PhD
	World Polio Day			Forbes
	Winter Wellness and Energy Conservation			Dr. William DeMayo, MD
	Team Survivor 2019			
	Spreading Kindness	Article		Courier Times - Noor Philips
<b><u>January 2020</u></b>	About Physical Medicine & Rehabilitation	Article		aaPM&R
	Physiatrist vs. Neurologist			Fred Decker
	Encyclopedia of Polio and PPS			
	How Many Muscles were Affected by the Poliovirus ?	BB		Dr. Richard L. Bruno, PhD
	Overuse of my "Good" Leg and significant Sleep Issues	BB		Dr. Richard L. Bruno, PhD
	How to Manage Brain Fog Caused by Chronic Pain	Article		Peter Abaci, MD
	Dear Abby			Abigail Van Buren
<b><u>February 2020</u></b>	Team Survivor Update			
	Medical Management of Post-Polio Syndrome			PPHI - Carol Vandenakker Albanese, MD
	Types Of Medical Equipment Medicare Covers For Home Use			Medicare Interactive
	My Improbable Journey	Personal Story		by Vera Gottlieb
<b><u>March 2020</u></b>	African-Americans, Polio and Racial Segregation			Daniel J Wilson, PhD
	11 Sleep Hacks That Really Work			AARP
	On the topic of "Exercise" as it refers to Polio Survivors			



	A Little St. Patrick's Day Humor –			
<b><u>April 2020</u></b>	Polio History			
	Coronavirus (COVID-19) and Polio Survivors	Article		PPHI
	Ask the Doctors: What Are Viruses And How Do They Work	Chart and Data		WHO, NIH and NBC
	The Psychology of Treating PPS	BB		Dr. Richard L. Bruno, PhD
	COVID Fear vs Control Symptoms			Dr. Richard L. Bruno, PhD
	Harry Donahue, A Familiar Voice from Radio	Personal Story		Foreward by: Mike Jensen, Philadelphia Inqu
	The New Polio: What Would Mom and Dad Have Done	Personal Story		By Harry Donahue
	Casual Conversations With Our Friends at PPHI			PPHI
	Accessing Information on our PPSN Website			
<b><u>May 2020</u></b>	Unsung Heros of Polio Eradication	Article		Dr. David Bodian, PhD, MD
	Unsung Heros - Dr. Isabel Morgan, PhD			
	The Polio Crusade	Films		American Experience
	We Never Walk Alone	Personal Story		Diane Huff
	How are Polio Survivors Responding to COVID-19?	A PBS Radio Interview with Dr. Richard L. Bruno, HD, PhD		By SHELLEY IRWIN •
<b><u>June 2020</u></b>	How Many Neurons Am I loosing As I Age?	BB TidBit		Dr. Richard L. Bruno, PhD
	Unsung Heros			Dr. Alex Kanarek, PhD.
	Unsung Heros			Dr. Julius Youngner
	Words of Wisdom and Experience - Personal Interview	Q & A		Dr. Julius Youngner
	Primary Care Physician, Dr. Marny Eulberg, MD	Q & A		Dr. Marny Eulberg, MD
	Covid-19 and Polio Experiences			
<b><u>July 2020</u></b>	Unsung Heros			John Salamone
	IPV - OPV: The Two Polio Vaccines	Advantages/Disadvantages		
	What IS it about Lidocaine?	BB TidBit		Dr. Richard L. Bruno, PhD
<b><u>August 2020</u></b>	Q & A with PCP Dr. Marney Eulberg, MD	Q & A		Dr. Marny Eulberg, MD
	Where We Work	Article		GPEI
	"Everything Possible" The New Deal Response To Polio	Article		<a href="http://livingnewdeal.org">livingnewdeal.org</a>
	Team Survivor 2020			
<b><u>September 2020</u></b>	The Story of the Storytellers			Carol Ferguson
	Passion, Patience and Preserverance	Story Intro		Shawn Herron
	Bracing - The Proper Fit	Q & A		Dr. Marny Eulberg, MD
	Post-Polio Bracing	Questions		Dr. Marny Eulberg, MD
	Preventing Complications in Polio Survivors Undergoing Surgery (or) Receiving Anesthesia	Article Update		Dr. Richard L. Bruno, PhD
	Three Types of Polio	BTTB		Dr. Richard L. Bruno, PhD
	Polio Eradication News			
	<a href="#">Aging with Post-Polio Syndrome</a>	Video Interview		Dr. Carol Vandenaeker-Albanese, MD
	<a href="#">What it's like to Survive Through Two Pandemics</a>	Article		Paul Engleman
<b><u>October 2020</u></b>	Unsung Heros - Gladys Nickleby Nelson			By Pamela Sergey with Nancy Nelson
	Contributors - Answering Questions	Articles and Video links		
	Ask the Doctors: Herd Immunity Is Possible But The Cost Is High			Eve Glazier, M.D. and Elizabeth Ko, M.D.
	CBD and Prescription Drug Interactions	Article		From Dr. Richard Bruno, HD, PhD
	Remote Learning isn't New	Article - Radio School		
	Owen's Odyssey - A Hike to End Polio			<a href="http://www.hikeforpolio.org">www.hikeforpolio.org</a>
	Passion, Patience and Perseverance: "How the World Came Together to Fight the Paralytic Polio Virus"			

<b>November 2020</b>	What do Politics and Chronic Disease Have in Common?	Q & A		Dr. William DeMayo, MD
	Bracing for Polio Survivors	BB		Dr. Richard L. Bruno, PhD
	Passion, Patience, and Perseverance:	Video	Comparing the Polio Health Crisis to the COVID-19 Pandemic	Dr. Daniel Wilson, HD, PhD
	She Loves the Joy that Sunshine Brings - Nancy Zuspan	Personal Story		Nancy Zuspan By Deborah Prewitt
<b>December 2020</b>	CPAP, BiPAP and Oxygenation			Dr. Marny Eulberg, MD
	On the topic of BiPAP and CPAP	BB		Dr. Richard L. Bruno, PhD
	BiPAPs, Ventilators and Masks	Personal Note		Dr. Daniel Wilson, HD, PhD
	Coping with Stress and Physical Changes			PPHI
	Stress, Depression and the Holidays: Tips for Coping			Mayo Clinic Staff
<b>January 2021</b>	Four Diseases You've Probably Forgotten About Because of Vaccines	Article		<a href="#">History.com</a> , Becky Little
	Polio, Covid, Compassion and Understanding	Article		
	Flo Black	Personal Story		Flo Black
	PPS and a Glass of Water			Jann Hartmann, PNNJ Conference
	Owen's Odyssey - A Hike to End Polio			<a href="http://www.hikeforpolio.org">www.hikeforpolio.org</a>