



Gates Foundation Grant to University of Florida

University of Florida Receives Gates Foundation Grant to Pursue Global Health Research

By JOHN PASTOR

A University of Florida biomedical researcher has received a \$100,000 grant from the Bill & Melinda Gates Foundation for his proposal to develop a safer polio vaccine that can be used in parts of the world where polio is a threat, as well as in countries such as the United States, where polio has been eradicated.

James B. Flanagan, a professor and the chairman of the department of biochemistry and molecular biology at the UF College of Medicine, was named a Gates Foundation Grand Challenges Explorations winner.

The Grand Challenges Explorations program funds scientists and researchers worldwide to explore ideas that can break the mold in efforts to solve persistent global health and development challenges. Flanagan's project is one of almost 90 Grand Challenges Explorations Round 6 grants announced this week.

"GCE winners are expanding the pipeline of ideas for serious global health and development challenges where creative thinking is most urgently needed. These grants are meant to spur on new discoveries that could ultimately save millions of lives," said Chris Wilson, director of Global Health Discovery at the Bill & Melinda Gates Foundation.

To receive funding, Flanagan and other Grand Challenges Explorations Round 6 winners demonstrated in a two-page online application a bold idea in one of five critical global health and development topic areas: polio eradication, HIV, sanitation and family health technologies, and mobile health.

Flanagan's strategy to accelerate the end of polio and sustain eradication involves developing a poliovirus vaccine composed of virus capsids — the protein shell of the virus — that look like the virus, but are not infectious.



James B. Flanagan, a professor and the chair of the Department of Biochemistry and Molecular Biology at the University of Florida College of Medicine.

Polio is an incurable, crippling and often fatal disease that can strike at any age. Children are most often affected and it is usually transmitted through direct contact. The disease has been eradicated in the West; however, infections continue in countries in Asia and Africa. Polio will not truly be eradicated until immunization measures completely prevent transmission of the virus.

With a doctorate in biochemistry from the University of Michigan, Flanagan joined the Massachusetts Institute of Technology in 1975, where he began research on the replication of RNA viruses. He joined the UF College of Medicine in 1978, became a professor in 1987 and was named chairman of the department of biochemistry and molecular Biology in 1998.

A past member of the National Institutes of Health Virology Study Section, he received the College of Medicine Faculty Research Award in 1989, a UF Research Foundation Professorship in 1998 and the Professorial Excellence Program Award in 1999.

Launched in 2008, Grand Challenges Explorations grants already have been awarded to nearly 500 researchers from over 40 countries. Successful projects have the opportunity to receive a follow-up grant of up to \$1 million.



JANUARY/FEBRUARY, 2012



PRESIDENT'S LETTER

Happy New Year to all our members and friends around the world!

The New Year is one of the oldest celebrated holidays in history; celebrated all around the globe. When the clock strikes twelve, everyone gets a kiss and starts singing the most popular New Year song of all. It is an old familiar Scottish tune, "Auld Lang Syne", meaning Times Gone By. The words ask whether old times and friends will be forgotten, then promises to remember people of the past with fondness.

New Year's is a time when many of us make resolutions that we have a hard time keeping. They may actually cause us to move more rapidly instead of helping us slow down. We over-schedule our days, rush through meals, drive impatiently, and then wonder why we are so fatigued. Take your time! Each year some of us make losing weight as the top New Years resolution. The American Journal of Prevention Medicine reports people who lose weight regain a third of it within a year. Why? Perhaps we can find the answers during our programs this year. Make attending our programs and reading your Polio Post News a priority.

Before we go further, I'd like to thank John Hawksley for the donation in memory of Jerry Raville, Co-Founder of our support group. And let me also thank each one of you who sent Christmas cards with personal notes to me and to my daughter Shirley. You and our neighbors all made sure Jerry's spirit and memories were with us during our first Christmas without him. We all missed him but he is very much present.

On November 13th Alinda Stoothoff, from The Centers, prepared us for the holidays with a fun program, "Stress Busters!". It was a fun way to learn how stress can affect our lives and health and what we can do about it. Sharon and Ron Daszczyński prepared Thanksgiving refreshments enjoyed by all. Our thanks to you both.

What a fantastic end of the year program and luncheon we had; there were 52 in attendance. Be sure and read Sharion Daszczyński's summary of the program presented by our guest speakers, Robert M. Kellogg, CPT, USN, and Andrea L. Behrman, PhD, PT. Thank each one of you who shared cookies with us. I also thank Hila Lane for her special punch.

I will soon be calling some of you to participate in the University of Florida's Department of Physical Therapy neuro-rehab course as "guest instructors". The date will be February 22nd; I will need 20 survivors to volunteer.

It brings me great sadness to announce the death of our very dear friend, Richard R. Owen, M.D. Dr. Owen and his wife Amy have

been very dear friends for a long time. Amy called me the morning after he died on December 11th. Dr. Owen, a survivor of polio, was founder of the Sister Kenny Post Polio Clinic in Minnesota. He was involved with other doctors who met at Warm Springs, Georgia, for the first research conference on the late effects of poliomyelitis. I met Dr. Owen and Amy during the first symposium held in Orlando, Florida, around 1986 or 1987. We became close friends over the years. We were honored to have him as key speaker for two of the North Central Florida Post-Polio Group conferences. One of his loves was to talk to children in the schools about polio. I am sure Amy has many happy memories, as we surely do.

I have chosen as our theme for 2012, "Make Healthy Resolutions and Keep Them!". Last year as a group we made a list of personal goals, but I am not too sure we followed through keeping them. I would like for each one of you to bring a written goal with you to our program on January 15 to be shared in our next Polio Post News. Please note the 15th falls on the third Sunday in January. We changed it because of Christmas falling on a Sunday this year and pushing us to get our Polio Post News to the printer and in the mail on time.

Many of us are experiencing balance problems. Our group's therapist, Fred Shirley, MS, PT, CEAS, will be our special speaker on Sunday January 15th. Fred will speak on "The Balancing Act". You don't want to miss this one. We all need to be in better balance!

February is Heart month. Do you know, our heart beats approximately 100,000 times each day? It is so important to take care of our heart by eating a healthy diet. Our heart is the most important muscle we have. The speaker for our February 12th program will be Daniel Rieders, FACC, FHRS, assisted by his nurse, Claudia Urfirer. The title for Dr. Rieders' program will be "What Makes You Tick?". Dr. Rieders is an Electrophysiologist and will explain the different types of heart arrhythmias and how a heart arrhythmia condition develops.

Two great programs to begin our journey through 2012!! I am looking forward to seeing what this New Year will bring to us!

Your President,

Sharion Raville

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Subscription renewal yet?**



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Membership to the North Central Florida Post-Polio Support Group is open to all. We are dedicated to supporting polio survivors, families, physicians, health professionals, and all others interested in polio. Our support group has no obligatory fees, but we ask that anyone who is able to make an annual contribution do so. Please make checks payable to the North Central Florida Post-Polio Support Group, and mail to our group at 7180 SW 182nd Court, Dunnellon, FL 34432, ATTN: Treasurer. Donations are used toward our group's expenses. To each one of you sending in a donation we offer a heartfelt "Thank You!"

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Visit us at:
PostPolioSupport.com

Summary: November, 2011 Program

"Stress Busters"

Presented by Alna A. Stoothoff, BS, CMHP
 (The Centers)

The November program for the North Central Florida Post Polio Support Group was presented by Alna A. Stoothoff of "The Centers", an accredited health care organization. Ms. Stoothoff's program gave us information regarding stress and how to combat it, particularly for those of us with a physical disability.

What is Stress? In this context, it is defined as:

STRAIN FELT BY SOMEBODY; mental, emotional, or physical strain caused, e.g. by anxiety or overwork. It may cause such symptoms as raised blood pressure or depression.

What is Stress?

- UNIQUE - just like love is different for each person and shows itself in strange ways. It is a powerful force that can do much good or harm.
- REACTION - how we react to the demands in our life and how we cope with it.
- PHYSICAL - adrenalin and other chemicals pump through blood, breathing shallows and muscles tense.
- MENTAL - not in our head but it starts there. Events don't cause stress just how we interpret or react to them.
- BENEFICIAL - best work under pressure and fight or flight - can help in a crises - SHORT TERM.
- HARMFUL—it can cause depression and other health issues.

- | | |
|---|--|
| • Increase traffic | • Over-stimulation of the senses |
| • Socializing | • Financial stress |
| • Increased interaction with family | • Economic and political climate |
| • Decreased interaction with family | • Getting married or divorced |
| • Planning a party | • Getting ready to take a vacation |
| • Too much more to do and still too little time | • Having a baby or a child leaving home. |
| • Any major life changes | • Not taking enough time off |
| | • Wanting perfection |

What causes Stress?

(Good and bad, the body is unable to tell the difference)

.. And now What Stress causes!

...the bad news:

- Stress now contributes to 90% of all illness and diseases: Ulcers, Headaches, Stomach problems, High blood pressure, Heart problems, Cancer, etc.
- These days more of us will die from stress-related illness than from infection or old age. The only advantage of living stressfully - you'll get to meet your maker earlier.
- Half of all visits to the doctor are stress related.
- Stress causes Preoccupation/Distracton causes accidents and forgetfulness.
- "Anxiety reduction" may now be the largest business in the Western world.

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The Kenny Institute official was dedicated to others and didn't let lasting impact of childhood battle affect him

Dr. Richard Owen, 83, kept on fighting polio

Article by: CHAO XIONG, Star Tribune

Dr. Richard Owen spent his life improving awareness and opportunities for people with disabilities, so when he retired he didn't see a reason to stop. But with no office space to entertain guests, the Eden Prairie man opened up his home.



Groups of schoolchildren visited Owen, who went by Dick, at his home, where he talked about the history of polio and his experience overcoming the disease. It was a fight that set the course of his life.

"He was such a kind, generous person," said his wife, Amy Owen. "He loved children."

Dr. Owen, 83, died Dec. 11. Friends and colleagues said he will be remembered for a career dedicated to helping the disabled and a fearlessness

about living life despite perceived obstacles.

"I talk to a lot of people who were treated by him," said Sandy Landberg, executive director of the Sister Kenny Foundation. "Their claim was he was the most caring and compassionate person because of his personal experience with polio. He understood the impact of disability."

Owen was born and raised in Indianapolis, the middle of three children. He contracted polio when he was 12 and was ordered to a year of bed rest. He eventually walked with braces. As a teenager he underwent a pioneering muscle rehabilitation treatment called the Kenny Method, which allowed him to walk with a cane.

Decades later, Owen would become the medical director of the Sister Kenny Rehabilitation Institute in Minneapolis, an institution named after the Australian-born army nurse who had helped him regain his ability to walk.

Owen met his wife at George Washington University. He was in medical school, she was an undergraduate. On their journey west in search of work, the two made a pit stop in Minneapolis to catch a train. By chance, a medical conference was being held, and Owen attended. He was offered a job as a physiatrist, a physician

of physical medicine and rehabilitation, at the institute and moved to Minnesota in 1957.

He left the institute after a few years and worked in private practice and at different hospitals before returning in 1980 as its medical director. In 1992, he founded the Post-polio Clinic there, a first-of-its-kind clinic that treated people who had overcome polio but experienced symptoms of the disease later in life.

"I think he was really moved by the independence he gained from the Kenny Method," Landberg said of Owen's work at the institute.

Owen's empathy and passion transcended the workplace. He competed in wheelchair athletics and helped develop criteria for the sports. (Although he could walk, strenuous sports necessitated a wheelchair.)

He got involved in wheelchair basketball when a patient at the Courage Center, a rehabilitation center, refused to play sports. A staffer asked Owen to play as a way of encouraging the reluctant patient. It worked.

"They saw him as a dedicated person who made it and continued to live a full and happy life," Amy Owen said. "That's how he related to patients, and he understood their feelings of frustration and sorrow at their lost function."

A lifelong outdoorsman, Owen was an active volunteer with Wilderness Inquiry, a nonprofit that provides outdoor activities for people with varying abilities. He helped train staff on how to work with disabled patrons while also serving as an example of what those patrons could accomplish.

"He was a fearless person when he was younger, and we did some pretty reckless things," his wife said fondly.

On a trip to Glacier National Park decades ago, one of their children scrambled across a log that had fallen across a stream. Owen followed.

"With his impaired balance and all, he walked across the log," Amy Owen said. "I was scared to death."

Owen is also survived by his daughter Marnie Owen, sons Rick and Don Owen and four grandchildren. Services were held earlier this month.



2012 is here, and that means it's time to look back and see what we've accomplished in the past year...

Looking Back on 2011

Education:

1. We sponsored nine monthly programs encouraging lifestyle changes and wellness and introducing new doctors and therapists to our group and network

2. Mailed information about PPS, clinics and medical providers to hundreds of new survivors of polio contacting us in the United States and around the world.
3. Compiled educational material on the late effects of poliomyelitis for new members, physicians, healthcare providers and students.
4. Carolyn presented the special program created by Carolyn and her husband, Jerry Raville, "What is Post-Polio Syn-

(Continued on page 7)



Summary: December, 2011 Program

“North Central Florida 21st Salute”

Speaker: Andrea L. Behrman, PhD, PT
Associate Professor, University of Florida
Department of Physical Therapy, Gainesville



Speaker: Robert M. Kellogg, CPT, USN
Medical Service Corps
United States Navy

The December program for the North Central Florida Post Polio Support Group featured speakers Captain Robert M. Kellogg, Ret. Medical Service Corp., U.S. Navy and Florida Department of Physical Therapy and Dr. Andrea L. Behrman, PhD., Physical Therapist and Associate Professor of Physical Therapy at the University of Florida, Gainesville.

The program began with a visit from Meghan Shay of “The Centers”. The NCGPPSG sponsored 32 children from “The Centers” with Christmas gifts for children listed on an Angel Tree. Ms. Shay graciously accepted the gifts and thanked the group for their participation. She asked us to remember the children on Christmas morning as they open their anonymous gifts from “Santa”.

A delicious luncheon buffet was catered by Chef Laura Shirley, assisted by our good friend and group physical therapist, Fred Shirley. We enjoyed ham, chicken salad, a variety of fruit and vegetable salads, cheese trays and a dessert bar. Hila Lane provided us with a fruit punch that everyone found very delicious!

Capt. Kellogg, a 30 year Navy veteran, spoke to us about what led him to be interested in polio and post polio syndrome. He began with his trip as a youngster to Capwell’s Department Store to receive a “sugar cube” with polio vaccine on it. His mother feared polio so much that she wouldn’t allow him to swim in any public lakes because her cousin had contracted polio and was severely disabled by it.

Capt. Kellogg’s profession as a physical therapist arose out of two needs: polio and world wars. This led to an introduction and deepening interest in post polio syndrome through the following experiences:

- Encountering PPS in the physical therapy clinic.
- In the EMG lab, the remarkable adaption of the motor neuron and motor unit.
- The remarkably independent people afflicted with PPS.
- The tale of “Captain X”.
- More questions than answers regarding PPS.
- PPS is more complex physically and psychologically than remotely imagined.

The story of “Captain X”:

Captain X complained of hip problems which could not be explained until she admitted to having had polio. This led to Capt. Kellogg’s learning more about the stigma of polio and post trau-

matic stress disorder. It also showed him how complex PPS is. Captain X needed to pass PFT in order to continue in the Navy. Fortunately, she was able to be tested by swimming instead of running and passed the tests and Capt. Kellogg is deeply indebted to Capt. X for helping him to get beyond the beginning story line of what was happening in the lives of polio survivors.

Working at the University of Florida as a doctoral student on motor control and complex systems provided a new model for Capt. Kellogg’s thoughts regarding PPS. It upset a lot of his thinking about where he was going to go with his dissertation. At this time he was also working with then grad student, Andrea Behrman.

A chance meeting by Capt. Kellogg’s wife and Carolyn and Jerry Raville led to an unexpected dinner conversation about PPS. He then met Carolyn and Jerry at Timberridge and encountered the tremendous outpouring of support through Carolyn and the support group in support of his research. Which led to the question: What happens to the sensory neuron in response to polio?

By listening to and working with the Carolyn and the support group Capt. Kellogg was able to receive his doctorate and he thanks Carolyn and the group for their many years of support and the many lessons he learned.

Dr. Andrea Behrman went to school as a graduate student with Capt. Kellogg at the University of Florida and she said it was wonderful to go through grad school with someone in the military.

She recounted in incident in which a student walked into a lecture late and just walked in front of the instructor and sat down. Bob, (Capt. Kellogg) was outraged at the student. Dr. Behrman asked him what he would have done and he said he would have told the student to “drop and give me 50.”

After receiving her doctorate, Dr. Behrman took a position at the University of Florida teaching what is called Developmental Rehabilitation, working with patients who have major physical problems.

When Dr. Behrman met Carolyn Raville, she came up with the idea of working with PPS survivors to teach PT students.

Dr. Behrman wants PPS patients to know that their pain is real, not in their heads and that they are not alone, there is help. She wanted to emphasize how important it is to educate the survivor, their family and friends and their doctors.

(Continued on page 6)

(“STRESS BUSTERS”—Cont’d from page 3)

WAYS TO DECREASE STRESS!!!

Organize bills
 Organize household
 Organize closets
 To Do lists
 Live within financial means
 Reassess your goals
 Stretch and exercise
 Eat healthier foods
 Do not over-eat—Don’t skip meals
 Good sleep hygiene
 Getting enough sleep—not sleeping too much
 Decrease alcohol and other drug consumption
 (especially in times of stress)
 Pray and/or meditate
 Take a vacation—take time to relax
 Relaxation response opposite of fight/flight—20 minutes per day
 (Guided imagery - deep breathing exercises)
 Choose quality friends and family
 Pet your pet (your cat, your dog, your parakeet, etc)

LAST AND MOST IMPORTANT:

(LAUGH!) (SMILE!) (HAVE FUN!!)

Be En-LIGHTened and just LIGHTen up!

Scientific study’s show that changes in your body, changes in your physical behavior, will impact your thinking, your mood, your emotions and your attitude.

Ella Fitzgerald complained that she was feeling tired all the time. Her doctor asked what she was doing all day. She reported rehearsing her song “I’m So Tired” and slumping to dramatize the lyrics. Her doctor prescribed that she take that song out of her repertoire. She felt better after doing so.

ACTIONS WILL TURN INTO EMOTIONS.

After the main presentation, Ms. Stoothoff had us play a game called “Decreasing Stress Bingo” and we received a prize when we got a “Bingo!” She also gave us a sheet depicting actual amusing Church Newsletter and Bulletin quotes, for example: Don’t let worry kill you - let the Church help.

The theme for this year’s special gifts from our group is “Let’s Make Christmas Special For The Children” and Meghan Shay of The Centers brought us tags designed by The Centers children for the Angel Tree so that we can participate in giving gifts to these children in crisis and help make Christmas special for them.

We thank Aline Stoothoff and Meghan Shay for joining us for our November program and hope they will come back and visit with us again.

Summary by
 Sharon Daszczyński
 Polio Post News

The Balancing Act

Fred Shirley, MS, PT, CEAS

Balance is something that we see and experience all around us in our every day lives. It is taken for granted and not something we have to think about or control consciously. Balance is the battle between gravity and our upright static posture or dynamic body movement.

A balance disorder is a condition that causes you to feel as if you are moving or unsteady even when you are stand or sitting still or even lying down. Balance disorders can be the result of a medical condition, medications, an inner ear problem or issue with the brain. Our balance is the result of multiple systems in the body working together in harmony. The vestibular system, vision and what is call the somatosensory system.

Our ears are not only the organs of hearing but they also help to keep your balance. In the inner ear there is a maze of bony chambers called the bony labyrinth. It is the system of the inner ear, called the vestibular system, which works to detect the position and rotation of the head while mechanical forces like gravity act on the organs of balance. It accomplishes this by assessing head and body movement and position in space. Vestibular function is largely reflex and unconscious in nature.

The visual center works to maintain our focus on the world around us as we move and perform our functional activities of daily living. It is important to be able to maintain a steady focus on objects even though the position of our body is changing. Eye muscle imbalance may result in the ability to maintain our gaze and cause us to loose focus.

The somatosensory system is made up of sensory receptors in our joints and muscles, called proprioceptors, which help us maintain our balance when we are walking or standing still by detecting how stretched our muscles, tendons and joints are.

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(“DECEMBER SUMMARY”—Cont’d from page 5)

She learned from PPS patients that it wasn’t only about polio - but in helping others by listening to them. It was important to maintain a positive attitude and make changes for a more positive life-style.

Since 1995, members of the North Central Florida Post Polio Support Group have worked to educate over 800 physical therapy students, not just about polio, but about what it means to live with a disability.

Dr. Behrman repeated a “GPS” for living: Live Passionately, Live Powerfully and Live Connected. She also quoted William Osler: “Ask not what disease the person has, ask what person has the disease.” She explained that it is important to ask what the patient’s life history is and then connect with the individual.

Everyone had a great end of the year experience at the December meeting and we look forward to what 2012 will bring.

Summary by Sharon Daszczyński, Polio Post News

(“THE BALANCING ACT”—Cont’d from page 6)

The brain receives, interprets and processes the information from these three systems to control and maintain our balance. A balance disorder can be caused by viral or bacterial infections of the ear, a head injury, or blood circulation disorders that affect the inner ear or brain. Many people experience problems with their sense of balance as they get older. Age-related decline in the ability of the above systems to receive and integrate sensory information contributes to poor balance in older adults. Balance problems can also result from taking certain medications. In addition, problems in the visual and skeletal systems and the nervous and circulatory systems can be the source of some posture and balance problems. However, many balance disorders can begin suddenly and with no apparent cause.

Some of the symptoms of a balance disorder are dizziness or a spinning sensation, falling or a feeling as if you are going to fall, light headedness, blurred vision and even disorientation. These can lead to symptoms such as nausea, vomiting, changes in heart rate and blood pressure, even fear, anxiety and panic. Experts believe that more than 4 out of 10 Americans will experience an episode of dizziness significant enough to send them to a doctor. Balance disorders are difficult to diagnosis because there are many medical conditions or medications that can result in balance disorders. Regarding treatment, it should always be based on getting a good diagnosis.

To help you decide whether or not you should seek medical advice for a dizzy spell or balance problems, ask yourself the following questions. If you answer “yes” to any of these questions, talk to your doctor.

- Do I feel unsteady?
- Do I feel as if the room is spinning around me?
- Do I feel as if I’m moving when I know I am sitting or standing still?
- Do I lose my balance and fall?
- Do I feel as if I’m falling?
- Do I feel “lightheaded” or as if I might faint?
- Do I have blurred vision?
- Do I ever feel disorientated, such as losing my sense of time or where I am?

You can help your doctor by answering the following questions and sharing your answers with your doctor at your next appointment.

- The best way I can describe my dizziness or balance problem is:
- How often do I feel dizzy or have problems with my balance?
- Have I ever fallen?
- Where did I fall?
- Under what circumstance and conditions did I fall?
- How often have I fallen?
- These are the medications I take:
- Name of medications
- How much (milligrams)
- How often (times) per day
- The condition I take these medications for is:

When at your appointment, take a minute to write down any instructions your doctor has given you. Be sure to ask any questions you have before you leave the office.

Excerpts above taken in part or in whole from: http://www.nidcd.nih.gov/health/balance/pages/balance_disorders.aspx

(“LOOKING BACK”—Cont’d from page 4)

drome?” Since Jerry’s passing in January of 2011, Steve McMahan has been assisting Carolyn wherever possible. The special program includes a viewing of the 29-minute video of the same name, then a question and answer session with new survivors. At the end of the program participants leave with a far better understanding of polio/post-polio, what to expect, and how to deal with it. The program is presented twice each year.

5. On February 22nd, twenty survivors of polio in our group participated in the University of Florida’s Department of Physical Therapy as “guest instructors” in their neuro-rehab course. On September 1st, support group president Carolyn Raville selected three other survivors to join her and several other people with neurological issues in a classroom study where the student therapists were required to “evaluate” them.
6. At the end of the neuro-lab course at the University of Florida on February 22nd, Carolyn Raville and the North Central Florida Post-Polio Support Group were surprised when a plaque was presented for their part in the education of nine hundred physical therapy students over a fifteen year period at the University of Florida Department of Physical Therapy.
7. We took part in a new program at the University of Florida College of Medicine on the 16th and the 20th of March. The program was “Caring For Patients Living With Disabilities.”
8. As our support group president, Carolyn Raville attended several seminars sponsored by our local hospitals in order to bring awareness to the issue of post-polio syndrome.
9. We now have two physicians on our Evaluation Team who have evaluated a number of polio survivors from around the state of Florida: Prathima Reddy, M.D. (Interventional Medical Associates, Gainesville), and Amy Clunn, M.D. (Physical Medicine and Rehabilitation, Ocala). Fred Shirley, MS, PT, CEAS, is also on the Evaluation Team and imminently qualified to do muscle evaluations.

Outreach:

1. We have welcomed several new physicians to our group of physicians, therapists and suppliers. We encourage each speaker to prepare beforehand, or jot down during their speech, any questions they may wish to ask the attendees at the end of the program.
2. We continue to encourage the vaccine program for children. We were excited to learn that a University of Florida Biomedical researcher has received a \$100,000 grant from the Bill & Melinda Gates Foundation for his proposal to develop a safer polio vaccine that can be used in parts of the world where polio is a threat, as well as in countries as the United States, where polio has almost completely been eradicated.
3. We mailed information to approximately 165 new contacts, a slight increase over 2010.
4. We continue to encourage contacts outside of our area to join a strong support group in their area. We frequently help them in

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(“LOOKING BACK”—Cont’d from page 7)

- their search. One of those seeking information for herself has, in fact, become a strong voice in post-polio education among physicians in her area.
5. To assist physicians throughout Florida, our website has a listing of Florida-based therapists who understand post-polio syndrome; we continue to have excellent feedback on this listing. We have since added to our list several more locations providing aquatic therapy.
 6. The list of post-polio support groups on our website (postpoliosupport.com) has been helpful to those who are searching for post-polio support in their area. All groups in Florida are listed, with more from around the USA and the world being added as we learn of them and about them.
 7. We continue to strongly encourage survivors of polio to have a complete evaluation by a knowledgeable physician and PT therapist.
 8. We continue to update our list of Physicians, Therapists and Suppliers in the north central area of Florida who understand the issues of polio survivors. The list continues to grow and is available at all times on our website at PostPolioSupport.com.
 9. We reach out to survivors of polio across the globe, helping those survivors from epidemics of the 1930s, ‘40s, ‘50s and ‘60s as well as those who contracted polio from the Sabin (live) vaccine.
 10. We continue to make friends of other post-polio support groups in other countries through our website.
 11. Our web presence (postpoliosupport.com) continues to be strong and our outreach increases as we continue to reach out and offer help and hope to post-polios across America and around the world.
 12. We lent a “listening ear” all 365 days of the year!
 13. We mailed or emailed approximately 450 Polio Post News newsletters around the world every two months. Our newsletter has also been translated into several other languages.
 14. Our support Group took part in promoting National Heart Month in February and the March of Dimes’ annual pledge walk.
 15. We observed our 21st anniversary in May, but our actual “celebration” took place in December with a special program, “The North Central Florida 21st Year Salute.” Our featured speakers were therapist Robert M. Kellogg (Captain, United States Navy) and Andrea L. Behrman, PhD, PT (Associate Professor, University of Florida Department of Physical Therapy, Gainesville).
 16. We celebrated the holidays together with a special luncheon and program in honor of our volunteers. The North Central Florida Post-Polio Support Group also helped to make the holiday special for thirty-two “Tree Angels”; children in crisis from the “The Centers” in Marion and Citrus Counties. Our participation assures that each child will receive a special and unexpected gift this holiday.
 17. Realizing there are polio survivors who do not know about or understand PPS, or even that there is help for them, we continue the publicity campaign for public awareness started in 2008. We have had 40 to 50 attendees for each of our programs in 2011, an increase from last year’s average.
 18. We continue in our solid support of the March of Dimes in their campaign and research for healthier babies. We greatly appreciate the help the March of Dimes has given to the survivors of polio over the years and they should know that we will always be at their service whenever they need us.
 19. Through the generous support of our members; the March of Dimes, North Central Florida Chapter; the Collins Health Resource Center (and the tireless help of our good friend, Bill Mansfield); our team of physicians, therapists and suppliers; founders Carolyn & Jerry Raville, our volunteers, Beryl & Joe Gogola, Hila Lane, Sharon & Ron Daszcynski, Ruth Gensman, Marilyn Berg, Jane Heady, Sharon Mixson, Esther Pierce and Steve McMahan. Lastly, we could not have done any of this without the speakers... the physicians, the therapists, the pharmacists and the other professionals who have been the ones who shared their knowledge with us. To them our devoted thanks.

We are accomplishing our goal of developing awareness of PPS and moving toward wellness for polio survivors. With your continued support we will continue to grow in the year 2012. Your contributions have been a great help in making it possible for us to continue giving hope and understanding of the after effects of polio to the most important people we know, our polio survivors!

We have had a very successful year and we thank each and every one of you. We look forward to the year 2012.

COMING PROGRAMS

Sunday, January 15, 2012 at 2:30 PM

“The Balancing Act”

Speaker: **Fred Shirley, MS, PT, CEAS**
(Citrus Memorial Health System)



Sunday, February 12, 2012 at 2:30 PM

“What Makes You Tick”

Speaker: **Daniel Rieders, FACC, FHCS**

Dr. Rieders will discuss the different types of heart arrhythmia and how the condition develops.

Have you sent in your Subscription renewal yet?

**If not, you may be reading
your last issue!
(Don't let that happen)**

LIST OF

PHYSICIANS, THERAPISTS AND SUPPLIERS

(Professionals who understand Post-Polio Syndrome and the needs of the Polio Survivor)

The symptoms of Post-Polio Syndrome are excessive fatigue, muscle weakness, muscle pain and respiratory difficulties.



The diagnosis of PPS is made by excluding other causes that could mimic these symptoms. Therefore, it is very important to have a complete medical evaluation by a physician with understanding and training in the treatment of post-polio patients (self-diagnosis is *very dangerous*).

The most successful help we can give you in understanding PPS is education for you, the survivor, as well as your family and friends. This can be found in a strong and active post-polio support group in your area. You can find as complete a list as we have on our website at PostPolioSupport.com.

CARDIOLOGY

Vijaya N. Koka, MD

Cardiovascular Institute of Central Florida
Ocala, Florida
352.622.4251

Rakesh Prashad, MD

Heart & Vascular Care of Ocala
Ocala, Florida
352.622.7008

CHIROPRACTIC

Paul Bruce, DC

Bruce Chiropractic & Comprehensive Care
Ocala, Florida
352.401.0060

COPING

Bernard B. Bulcourf, PhD (Psychologist)

Southeastern Health Psychology
Ocala & Gainesville, Florida
352.332.9441

DENTISTRY, GENERAL

Scott A. Jackson, DMD

Ocala, Florida
352.732.8544

FAMILY PRACTICE (Primary Care Physician)

Nasinal Hug, MD (Internal Medicine)

Ocala, Florida
352.237.0130

Keertin Kumar, MD, PA

Ocala, Florida
352.304.8980

Srinvasa Murthy, MD (Family Practice)

Ocala, Florida
352.873.1010

Richard Promin, MD (Family Practice)

Ocala, Florida
352.629.0181

J.D. Steed, MD (Family Practice)

Belleview, Florida
352.245.9157

FAMILY PRACTICE (Continued)

Vladimir J. Vicko, DO (Family Practice)

Citrus Medical Associates
Inverness, Florida
352.560.0333

David C. Willis, MD (Family Practice)

Ocala, Florida
352.854.0700

GASTROENTEROLOGY

Robert W. Barish, MD

Gastroenterology Associates of Ocala
Ocala, Florida
352.732.8905

HANDYMAN/RESTORATION

Jim Creech (Owner)

(Licensed and Insured for your protection)
352.302.6130

IN-HOME THERAPY

Integrity Home Health Care

Diana L. Kornetti, MA, PT, HCS-D (Administrator)
(Alachua, Citrus, Lake, Sumter, Marion Counties)
Ocala, Florida
352.291.6611

INFECTIOUS DISEASES

(These specialists diagnose and treat infectious diseases and the disease process addressing the suppression of the immune system.)

Cheryl Ann Burns, MD

Ocala, Florida
352.351.8600

Lee A. Prchael, MD

Ocala, Florida
352.351.8600

MEDICAL & MOBILITY EQUIPMENT

Barnes HealthCare Services

Danny Leibach
Gainesville, Florida
353.317.5050 (cell)
800.825.1733 (toll free)

MEDICAL & MOBILITY EQUIPMENT (Continued)

Advanced Vehicle Modifications, Inc.

Paul McGuckin, CRTS, ATS (President)
Ocala, Florida
352.622.4467
352.895.3778 (24/7)

Crystal Home Medical Equipment, Inc.

John Romanik
800.813.8443 (toll free)
352.302.3535 (cell)
352.564.8700 (Crystal River)
352.787.9212 (Leesburg)
352.732.8100 (Ocala)

Walk Easy, Inc (lightweight canes, crutches, walkers)

Robert Hagood (President)
Susan Brown (Vice President)
800.441.2904 (toll free)

Triton Medical Equipment, Inc.

Sean Riley, (Owner)
Matt Scheshire, (Co-Owner)
Ocala, Florida
352.624.8980 (Ocala)
866.352.2061 (toll free)

BeasyTrans Systems, Inc.

Linda Pavek (Director of Operations)
North Branch, MN 55056a
651.674.0212 (office)
877.992.3279 (toll free)
www.beasyboard.com

NEUROLOGY

Jose A. Gaudier, MD

Ocala, Florida
352.732.8630

NEUROSURGERY

Barry J. Kaplan, MD

Ocala Neurosurgical Center
Ocala, Florida
352.622.3360

NUTRITIONISTS

Dia-Triton, Inc.

Joy Semelka, MS, RD/LD, CDE
Ocala, Florida
352-291-5055

OPHTHALMOLOGY

Gordon C. Schwenk, MD

Ocala Eye
800.342.2530 (toll free)
352.622.5183 (Magnolia Office)
352.854.0052 (West State Road 200)
352.430.3356 (The Villages)

ORTHOPAEDICS

James Duke, MD

Associated Orthopedic Specialists
Ocala, Florida
352.867.0444

ORTHOPAEDICS (Continued)

Derek Farr, DO (Orthopedic Surgery & Sports Medicine)

Nirav Gupta, DO
Twin Palm Orthopedics
Ocala, Florida
352.369.1099

ORTHOTISTS

Tri-Country Orthotics & Prosthesis

Charles Luckhardt, MED, CPO, LPO
Chiefland, Florida & Ocala, Florida
352.493.0360

Hanger, Inc.

Steve Mersch, CPO
Gainesville, Florida
352.372.8694

Hanger, Inc.

Curtis Uhler, CPO
Gainesville, Florida
352.372.8694

McCluney's Orthopedic (custom corsets)

Howard McCluney, Jr., CPO
Gainesville, Florida
352.377.8568

SAS Shoes of Ocala

Barri Taylor
Ocala, Florida
352.237.8833

Lombardo Shoes/Lombardo Center

Guisepppe Lombardo, CPed, OST
Ocala, Florida
352.854.2292

Mike's Shoe Repair (Orthotic Shoe Modifications)

Michael Maciejewsk
Crystal River, Florida
352.560.0338

Citrus Shoes (SAS Shoes)

Crystal River, Florida
352-795-4057

PHYSICAL MEDICINE & REHABILITATION

Amy Clunn, MD (Post-Polio evaluations)

Southeastern Rehabilitation Medicine
Ocala & Lady Lake, Florida
352.732.3110

Prathima Reddy, MD (Post-Polio evaluations)

Interventional Medical Associates
Gainesville, Florida
352.331.3353

PODIATRY

Bruce Wolosky, DPM, PA

Podiatry Service of Florida
Ocala, Florida
352.237.2002

REHABILITATION/NURSING

Jennifer Mikula, NHA (Administrator)

Palm Garden of Ocala
Ocala, Florida
352.854.6262

REHABILITATION/NURSING (Continued)

Limecio "Lenny" Ow (Executive Director)
LifeCare Center of Citrus County
352.746.4434

SURGERY, GENERAL

Earl S. Stewart, MD
Ocala, Florida
352.237.3232

Dwight D. Landmann, MD
Ocala, Florida
352.622.8152

THERAPISTS

Beverly Hills Rehab Center
Fred Shirley, MS, PT, CEAS (Rehab Services Supervisor)
Beverly Hills, Florida
352.527.1118

THERAPISTS (AQUATIC)

Balanced Body Pilates
(private one-on-one sessions only)
Gainesville, Florida
352.331.3161

Fit for Life
(primarily group pool exercise)
Ocala, Florida
352.351.5019

Fit for Life Physical Therapy
(primarily group pool exercise)
Gainesville, Florida
352.373.2116

Gulf Coast Aquatic and Rehabilitation Center
Highland Medical Center
Nick Bollin
Inverness, Florida
352.344.9755

THERAPISTS (AQUATIC) (Continued)

Lake Area Physical Therapy and Aquatics
Keystone Heights, Florida
352.473.7560

Munroe Regional Lifetime Fitness Center
Windsor Oaks Medical Park
Ocala, Florida
352.351.1474

Ocala Rehabilitation Associates, PA
(across from The Cascades)
(Individual pool exercise)
Ocala, Florida
352.351.4141

ReQuest Physical Therapy
(located inside Gainesville Health and Fitness)
Main Center
352.373.2116

Shands Rehab Center
at UofF Orthopedics and Sports Medicine Institute
Gainesville, Florida
352.273.7004

UROLOGY

Jack E. Paulk, MD
Associates for Urology Care
Ocala, Florida
352.351.1313 (Ocala)
352.351.2801 (TimberRidge)
352.430.0705 (TheVillages)

Harvey C. Taub, MD
Associates for Urology Care
Ocala, Florida
352.351.1313 (Ocala)
352.351.2801 (TimberRidge)
352.430.0705 (The Villages)



7180 SW 182nd Court
 Dunnellon, FL 34432
 (352) 489-1731



Unless otherwise stated, all programs are held at the Collins Health Resource Center,
 9401 SW Highway 200, Building 300, Suite 303, Ocala, Florida.
 Maps are available on our website at PostPolioSupport.com

JANUARY 2012

Sun	Mo	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	NOTE: THIRD SUNDAY!!		19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2012

Sun	Mo	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			