

POLIO DEJA VIEW

Central Virginia Post-Polio Support Group

October - November 2008

Carol T. Ranelli, Editor

visit our website at www.cvppsg.org

October 4th Meeting

2:00 pm at Children's Hospital, 2924 Brook Road, Richmond

Our speaker will be **Joe Thomas**, Environmental Health and Safety Manager with Tompkins Builders

Joe will conduct a group session intended to focus on the future of our Support Group. He will use a managerial gaming technique where all persons have input to problems – all persons have input to solutions. This two hour session is a spin off of the nominal group technique, as taught at the National Fire Academy, Emmittsburg, Maryland. First, using 3x5 cards, and no talking, each person will identify what they think are problems, challenges and roadblocks with CVPPSG. Using round robin systems, every member will state the problem and it is written on a flip chart for the group to see and ponder. Then the same technique is used for the solutions. In the end, values are assigned and the group votes and assigns priorities. Some items will not survive and others will have more weight than when first identified. The end result is a plan for CVPPSG to move forward. The idea is to get feedback from all members and not to allow the more vocal ones to take control of the meeting. The end result is a group plan...not the loudest talking plan! We encourage ALL members to attend and participate in this exercise, as many support groups around the country are finding it hard to carry on due to "burn-out", aging membership and lack of interest.

November 8th Meeting

PLEASE NOTE: This is the second Saturday in November due to the Teddy Bear Run at Children's Hospital on Nov. 3rd

2:00 pm at Children's Hospital, 2924 Brook Road, Richmond

Our speaker will be **Debbie Barbuto**, who will address: **Sweet Dreams and Nightmares: A Journey into Understanding our Dreams**

Why do we dream? What is their purpose? Why do you keep having repeat dreams? Ever have a flying dream? What about the dream you recently had about your friend from elementary school? Debbie is a professional speaker and workshop facilitator who has been working with dreams for over 20 years. Come join Debbie and your friends and journey into the dream world layer by layer. You may be surprised at what you learn....or maybe you dreamed about this before.

Debbie has a M.S., Gerontology/Adult Education, VCU and is owner of Successful Aging Consulting Service

Mid-Month Lunch

Thursday, October 16th, we will meet at Manakin Grill at 11:30
12912 Plaza Drive off Broad St; take I-64 West towards Charlottesville, take Exit
173 Rockville/Manakin - take a left at end of off-ramp at stoplight onto Rt. 623,
Ashland Rd. Go about $\frac{3}{4}$ mile, take right onto Plaza Dr.

This has been a highly rated eatery and we look forward to trying it!

Thursday, Nov. 13th, we will meet at Dolce Vita Italian Restaurant at 11:30
2401 Colony Crossing Place, Midlothian
Go to the end of Powhite Parkway extension, Rt. 76, continue past Charter Colony
Parkway and restaurant is in shopping center on left.

www.dolcevitaonline.com or call 639-7411

**Call Bev Lordi at 569-4232 by the Monday before each lunch date
With your reservation**

The Benefits of Sleep and the Power Nap

By Elizabeth Scott, M.S.

Why a Power Nap? Facts on Sleep: While small children typically take naps in the afternoon, our culture generally frowns upon mid-day sleep; however, even in those who get enough sleep (but particularly in those who don't, many people experience a natural decrease in drowsiness in the afternoon, about 8 hours after waking. Research shows that you can make yourself more alert, reduce stress and improve cognitive functioning with a nap. Mid-day sleep or a "power nap, means more patience, less stress, better reaction time, increased learning, more efficiency and better health. Here's what you need to know about the benefits of sleep and how a power nap can help you.

How Much Sleep Do You Need? The body needs 7-8 hours of sleep per day; 6 hours or less triples your risk of a car accident. Interestingly, too much sleep – more than 9 hours- can actually be harmful for your health; recent studies show that those who sleep more than 9 hours a day don't live as long as their 8-hour counterparts.

The Effects of Missed Sleep: Sleep is cumulative; if you lose sleep one day, you feel it the next. If you miss adequate sleep several days in a row, you build up a "sleep deficit", which impairs the following:

- Reaction time
- Judgment
- Vision
- Information processing
- Short-term memory
- Performance
- Motivation
- Vigilance
- Patience

Fatigued people also experience more moodiness, aggressive behaviors, burnout and more stress.

The Benefit of a Power Nap: Studies show that 20 minutes of sleep in the afternoon provides more rest than 20 minutes more sleep in the morning (though the last two hours of morning sleep have special benefits of their own). The body seems to be designed for this, as most people's bodies naturally become more tired in the afternoon, about 8 hours after we wake up.

How Long Should I Sleep? When you sleep you pass through different stages of sleep, known together as a sleep cycle. These stages include light sleep, deep sleep (which is believed to be the stage in which the body repairs itself), and rapid-eye movement sleep or REM sleep (during which the mind is repaired).

Many experts advise to keep the nap between 15 and 30 minutes, as sleeping longer gets you into deeper stages of sleep, from which it's more difficult to awaken. Also, longer naps can make it more difficult to fall asleep at night, especially if your sleep deficit is relatively small. However, research has shown that a 1-hour nap has many more restorative effects than a 30-minute nap, including a much greater improvement in cognitive functioning. The key to taking a longer nap is to get a sense of how long your sleep cycles are and try to awaken at the end of a sleep cycle. (It's actually more the interruption of the sleep cycle that makes you groggy, rather than the deeper states of sleep.)

As there are pros and cons to each length of sleep, you may want to let your schedule decide: if you only have 15 minutes to spare, take them! But if you can work in an hour nap, you may do well to complete a whole sleep cycle, even if it means less sleep at night. If you only have 5 minutes to spare just close your eyes; even a brief rest has the benefit of reducing stress and helping you relax a little, which gives you more energy to complete the tasks of your day.

Tips for a More Effective Nap: If you want to obtain more sleep and the health benefits that go with getting enough sleep, here are some tips for more effective napping and sleep at night:

- Avoid caffeine after 3 PM. It's a stimulant that can disrupt your sleep and stay in your system longer than you think; its half-life is four to six hours
- If you don't want to nap a long time, set an alarm.
- If you don't have time for a power nap, or don't feel comfortable napping during the day, try meditation: it gives your body a rest and produces slower brain waves similar to sleep.

Taken from "The Seagull", Triad Post Polio Support Group Newsletter, Greensboro, NC; November-December, 2007

Timing and Fatigue in Daily Activities

You may have different levels of pain and fatigue at various hours of the day. Activities which are simple to perform in the morning may be difficult later in the day or vice versa. For example, if cooking dinner in the late afternoon is too stressful, prepare most of it in the morning to be reheated later.

How can you judge if an activity is too stressful?

- The earliest sign is a feeling of fatigue while you are in the midst of the activity. This seems obvious but many of us do not pay attention to our body. If the level of fatigue is out of proportion to the level of activity, the activity may be too stressful even if your mind says it should not be.
- If there is a change in the quality of movement...for example, you develop a tremor or "jerkiness" in your motions while performing the activity.
- If there is a change in the quantity of movement; that is decreased range of motion. For example, you can usually lift your arm to a certain height but that height lessens as you continue the activity.
- If you start to use compensatory movement; for example, you "hunch" your shoulder in order to raise your arm or you swing your leg out to the side instead of flexing at the hip.

Reprinted from Delaware Valley Polio Survivors Assoc. Newsletter, Fall, 2008

Questions and Answers from Dr. Jacquelin Perry

Question: Can PPS be part of a weakening heart muscle?

No, PPS cannot be part of a weakening heart muscle. The muscles and nerves to the heart are a different system so there is no direct connection to PPS.

A person can be deconditioned by not being active, but if you are not strong enough to be active your heart does not have to be that conditioned; so don't worry about it. Just don't get fat and do avoid cholesterol!

Question: How can a polio survivor control muscle twitching and/or cramping?

Muscle twitching is a sign of overuse. It can happen to anyone, not just people with PPS. Cramping is also sign of overuse. A polio survivor need to change his lifestyle to avoid overuse of any muscle group.

Question: What are your thoughts on hip or knee replacement surgery?

For an arthritic hip, total joint replacement is just fine if you have the muscles to control it. A polio survivor needs to have about a grade 3+ hip muscles for this surgery to be successful: otherwise the hip will dislocate.

The knee is simpler to handle because it can be put in a brace since it is a tubular structure. There is no brace for the hip.

Dr. Perry headed up the Rancho Mirage PPS Clinic in California and is one of the "pioneers" of Post-Polio Syndrome studies.

This article was reprinted from "The Seagull", Greensboro, NC PPSG, October, 2006

Did you know?..... **Rx Information from Jenny**

GETTING POTASSIUM FROM FOODS VS. SUPPLEMENTS

Many people wonder whether they can get their potassium from foods instead of potassium supplements (*Micro-K, Klor-Con, etc.*). It depends on how much they need and whether they are trying to PREVENT or TREAT potassium loss. Potassium from foods usually works for prevention. Patients taking thiazide or loop diuretics (*Hydrochlorothiazide, Lasix, etc.*) most likely will need to get an extra 20 to 40 mEq per day.

How do potassium-rich foods compare to pharmaceuticals? Consider these:

- a potato with skin or a cup of spinach provides over 20 mEq
- a cup of kidney or navy beans provides 18 mEq
- a cup of orange juice or yogurt provides 14 mEq
- an average-size banana provides 12 mEq

Keep in mind that some folks should avoid too much potassium due to impaired kidney function, those taking ACE inhibitors (*Lisinopril, Quinapril, Benazepril*, and others), ARBs (*Diovan, Cozaar, Atacand*, etc.) or potassium-sparing diuretics (*Spironolactone, Triamterene*). Patients starting these drugs should avoid excessive potassium intake until they can get their potassium checked. However, an occasional banana isn't likely to be a problem.

Potassium from pharmaceuticals usually works better to TREAT hypokalemia (low potassium) especially when caused by diuretics, vomiting or diarrhea. Dietary potassium comes as a PHOSPHATE salt. Supplements are CHLORIDE salts and therefore can also correct the chloride loss caused by diuretics, vomiting, etc. Most products contain 8 to 20 mEq. People who want an alternative to potassium pills can use salt substitutes (*No Salt, Nu-Salt*, etc.). These contain up to 20 mEq of potassium CHLORIDE per one-quarter teaspoon.

Call if you have any questions!
Jenny Aveson
(804) 730-9498