

POLIO DEJA VIEW

Central Virginia Post-Polio Support Group

February - March 2004

Carol T. Ranelli, Editor

February 7th Meeting

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

Our speaker will be Debra Febish, a certified Reflexologist who will demonstrate and discuss "Reflexology and Polio Feet"

What is Reflexology??

A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. By stimulating and applying pressure to the feet or hands, you are increasing circulation and promoting specific bodily and muscular functions.

At the same time, Dave Van Aken will be conducting a Caregiver/Partner discussion in another room. Dave heads up these group discussions twice a year and they are very popular.

March 6th Meeting

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

Our speaker will be Detective Arthur Rucker of the Henrico Police Dept. who will present a program on "Identity Theft".

As we have seen on the news, there is an increase in the theft of social security numbers, credit card information, etc. Det. Rucker will discuss how con artists operate and how we can protect ourselves from this crime.

Mark your calendars NOW for the Annual PPS Retreat on September 17th through the 19th. We are very happy to have **Dr. Lauro Halstead** speaking on Saturday, the 18th. Dr. Halstead is a renowned author on PPS and headed the Post-Polio Clinic at National Rehab Hospital in Washington, DC. We have been fortunate to have Dr. Halstead speak at two of our PPS Conferences in past years and look forward to hearing him again at our Retreat.

“Change is not about External Events”

1. Change creates fear (but the fear can be overcome).

That’s true. It’s the nature of the beast – of us, human beings. It’s the way the good Lord designed us. Fear is a normal human reaction when our security is threatened. The greater the change, the greater the fear – but the fear doesn’t have to be paralyzing.

2. Change is hard (but it’s doable).

A lot of change is about giving up or losing something or somebody you like (or love). Accepting loss is difficult. Making a change is difficult. Life is hard, but whatever the challenge, it’s not the end of the world. In fact, change leads to a new beginning and something wonderful will come of it.

3. Expect change (and enjoy it).

Life is packed with joy – it’s also full of disappointment. We often don’t get what we want. Events overtake plans; so plan the action, don’t plan the results. Change makes life exciting and fun.

4. The only person you can change is you (and nobody else).

Keep trying if you want to, but people will prove to you over and over again that they will do exactly what they think is best for them. No offense, but change is not about fixing them, it’s about changing you.

5. Courage is action (in the face of fear).

No fear, no courage. Action and fear must coexist to qualify. Courage is moving forward despite the fear – and you can do it.

6. Change is really exchange (so go for it).

Only with hindsight do we come to realize that what we gain through change is usually much better than what we lost or gave up.

7. Change is possible (even if it doesn’t feel like it).

Life isn’t fair and change often hurts like hell; but people have handled the loss of a loved one, being fired, tragic illness – even quitting cigarettes. Others, have survived, even benefited from these changes. You can too.

8. Don't attempt major change alone – do it with an ally.

If you're going to change, the first step is to get the support of someone you trust. It's probably going to be three steps forward and two backward; so get the help you need to get through major transitions.

9. The answer may be acceptance (and not action).

You may have to bite the bullet and accept some things exactly as they are – unchangeable. If that's the case, take a deep breath, yell, and start changing your attitude.

10. Change is a process (not an event).

Change is about the getting, the moving from here to there. Change is even the turmoil, the upsetness, the middle part. The goal is not even the big payoff; it's what you experience and learn getting to it.

"Going to college isn't about history and chemistry facts and figures – it's about learning systems, discipline, responsibility, self-starting, discovering who you are, living with others, building character, and choosing a career.

In a similar way, change isn't about external events, it's about the internal making and maturing of a human being. Change is about self discovery and spiritual growth."

*Excerpts from Unity Magazine, March/April 2003
Reprinted from Echo News – April/May/June 2003*

Editor Barbara Golden's Note:- So many of us fight "change" in our lives. Many of us find it hard to finally realize that our lives would be more fulfilling if we started using assistive devices. So, look at what's happening with you and, if you have to, make that change.

Good words of advice Barbara ... Thanks!

For your information....

Struggling with drug costs? Visit the Virginia Department for the Aging's list of drug programs for Virginia seniors at www.aging.state.va.us/prescripassist1.htm

Several survivors of polio make inquiries about the heart stress test using a treadmill. They are frightened of the thought of it. Most polio survivors, even if they could use a treadmill long enough to get their heart rate up, will not be able to walk well or at all when they finish the test because they have stressed their polio-damaged motor neurons perhaps more than their heart. Several of our members are now confined to a motorized chair and cannot stand or walk. There is a nuclear stress test that I have asked Dr. Vijaya N. Koka of Cardiology Associates of Ocala (Ocala, Florida) to explain to you in the following article.

Nuclear Stress Test

Stress tests are done to evaluate if there is a compromise in the circulation to the heart. A stress test is of two general types: 1) A regular treadmill stress test, and 2) a nuclear stress test.

A regular stress test is not suitable for everyone. It is good when the baseline EKG is normal and the person is able to walk satisfactorily on a treadmill. It costs less but it is less reliable than a nuclear stress test.

A nuclear stress test involves using very low doses of radioactive tracers. Radioactive tracers are given both at rest and when a person is under stress. The stress can be induced by exercising on a treadmill or by using chemicals. The chemicals used usually are Adenosine and Dobutamine. Adenosine is not suitable for patients with conditions such as asthma. The radioactive tracers are given to the patient when he/she is under stress and the images obtained are compared with the images obtained at rest. The nuclear stress test gives a fairly good idea about the degree of perfusion to the heart and also the motion of the heart. It provides a fairly good idea (not 100%) of the need for further cardiac testing such as catheterization.

A stress test is usually indicated when there is a moderate probability that a person may have heart disease. It is usually done for patients with chest pain and shortness of breath.

It is important to watch one's waistline, to eat a healthy diet (low-saturated fat, low-carbohydrate, high-fiber, high-protein), to exercise daily to the best of one's ability and to refrain from smoking.

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Reprinted from the January, 2004 North Central Florida Post-Polio Support Group On-Line Newsletter.

Simple Choices Can Boost Nutrition in 2004

By Dr. Sanjay Gupta

Instead of making a New Year's resolution for a diet overhaul, how about making some simple eating choices that improve health in the long run?

Here are some picks that can be easily working into diets. Most people probably haven't even thought about these foods as being super healthy/

Whole Wheat Products – Many try to cut down on the intake of carbohydrates, staying away from pasta and refined sugars. But the next time you're at the supermarket, eliminate pasta from that guilty-pleasure list by choosing whole wheat pasta, which is high in fiber.

Choosing whole wheat pasta contributes to a lowered risk of heart disease, reduced complications linked to diabetes, a lower likelihood of having cancer and better gastrointestinal health because of more fiber.

For snacking, pick out a whole wheat pretzel or whole wheat tortillas instead of white. Other good choices? Having a bowl of oatmeal for breakfast or trying whole grain crackers such as Triscuits instead of regular saltier, buttery choices.

Salmon and Beans – Another favorite food of 2004 has to be salmon. It contains Omega-3 fatty acids, which reduce the risk of heart attacks and help lower blood cholesterol. Its vitamin A and carotenoids may also prevent cancer. There's much less saturated fat in salmon than in equal amounts of just about any meat or poultry protein source.

Beans and other legumes such as lentils and peas are inexpensive to buy, but they are rich in protein, iron and folic acid and fiber. Unlike other vegetables, they can step in for meat, poultry, eggs or other protein foods, cutting down on the risk of heart disease and cancers that some of those meats might have.

Another winning choice is a cup of chili, containing only about two grams of saturated fat. Choosing bean dip or hummus over cheese or cream based dips can also be a healthy alternative. How about throwing some garbanzo beans into a salad?

Sweet Potatoes – The sweet potato has been ranked continuously as the most nutritious vegetable source around. They are loaded with four times the recommended daily allowance of beta carotene, which is critical for healthy vision, bone growth, tooth development and good skin and hair.

And for Atkins dieters who are cutting down on sugars and carbs, sweet potatoes are on the save list as a great substitute for other starches such as rice, potatoes and corn.

So instead of vaguely resolving to eat healthy, take some simple, but specific steps such as learning to recognize good fat over bad fat and good carbs over bad carbs. Pay attention to the calories butr also know which foods stand out for their high nutritional content.

Reprinted from an article posted on CNN.com on January 5, 2004

WHEELCHAIR BRAVADO *by Mary Ann Haske*

On December 5th, I got on Amtrak with my granddaughter, Madison, and daughter-in-law, Candace, to travel to NYC for the weekend. Snow was predicted but I was not about to stay home. When I looked out of the window in Philadelphia I was dumbfounded. The accumulation was several inches and still coming down strong. I called the accessible taxi to meet me at the train station but they were booked. (718-706-7433, A Ride for All) So, I figured, if my wheelchair would not go through the snow (it had never been tested), I would be spending my time in Penn Station while Madison and Candace would be attending Radio City Xmas Show and plays. I was trying to put a good spin on things so Candace would not be too worried. I did not have luggage. I had strapped my charger and a small backpack with minimum amount of clothing to the back of my wheelchair. (Candace had a huge suitcase on wheels.)

Well, we got off the train and started out. My wheelchair, an Invacare Torque with Tarsys Weight Shifting Tilt System, plowed along amazingly. Madison climbed up into my lap and away we went. Candace was pulling her case through the snow and had a rough time.

Because of so many cancellations, we were able to add interesting activities to our agenda. There were no lines at the Xmas windows and no crowds at the tree at Rockefeller Center.

Saturday there were blizzard conditions but away my chair and I went. We had front row, wheelchair, seating at Radio City. Unbelievable. When we came out, it was like a white out. We could not see our hands in front of us. The only problem we had that day was Saturday evening, when I got into that proverbial drifted bank and got stuck. (The street had not been plowed in front of the Plaza Hotel!!!) My daughter, Susan, had joined us and she said she had not a clue as to what to do because I was really bogged down. Not to worry. A couple of young men came over and lifted me and my chair out of the drift and onto the sidewalk.

It stopped snowing Sunday morning and the crowds picked up but we kept right on trucking. We did use the accessible taxi on Monday to get to the train station so Candace would not have to struggle with the suitcase.

I cannot praise my wheelchair enough. So much ice and slush was up under the chair that Madison and I had to scrape it off and put ice in the trash can so it would not melt on the hotel room floor. I was sure that the electrical system would fail but my chair was awesome. I am glad that I have a positive tale to tell and I am glad that I had the courage to shrug the worries off and board Amtrak that Friday morning!