

## What Is Post-Polio Syndrome (PPS)?

Post-Polio Syndrome (PPS) is a neurological disorder that affects up to 60 per cent of the estimated 650,000 individuals who recovered from paralytic polio 50 or more years ago. It is believed by many researchers to be caused by the gradual loss of nerve cells damaged by the polio virus after decades of overuse. In New Jersey, there are an estimated 30,000 polio survivors.

## What Are the Most Common Symptoms of PPS?

- Fatigue, often overwhelming
- New muscle weakness
- Pain, especially in muscles and joints
- New breathing and swallowing difficulties
- Cold intolerance
- Sleep disturbance

## What Can You Do to Minimize PPS?

- Get periodic evaluations and proper therapy from health care professionals who know about PPS.
- Learn to pace yourself.
- Listen to your body. Stop an activity when you begin to experience fatigue, weakness, or pain.
- Set priorities and do only what is important.
- Take a 15-to-30-minute rest break several times a day.
- Eat a sensible diet and watch calorie intake. Extra weight causes problems for weakened muscles.
- Get adequate sleep.
- Learn to manage stress.
- Use assistive devices, such as crutches and braces; consider a scooter or wheelchair to make mobility easier and to enhance your lifestyle.
- Don't be afraid to ask for help. It's a smart way of practicing energy conservation.
- Join the Polio Network of New Jersey and a local support group for continuing updated information.

## What Is the Polio Network of New Jersey?

The Polio Network of New Jersey (PNNJ) and its local chapters make up an organization for concerned polio survivors, family members and

friends, and health care professionals. PNNJ is a non-profit New Jersey organization governed by a board of directors composed of polio survivors. It has tax exempt status under section 501(c)(3) of the Internal Revenue Code. All contributions are tax deductible. Programs are funded by membership dues, donations, and grants.

## Ruprecht Memorial Fund

Grants not exceeding \$500 annually are available through our unique Ruprecht Memorial Fund, to help pay for polio-related goods and services for polio survivors living in New Jersey. For further information and to apply, contact Heightened Independence and Progress. Phone: 201-996-9100; fax: 201-966-9422; or e-mail: ber@hipcil.org.

## Among the Services Available Through PNNJ are:

- A quarterly newsletter
- An annual conference with nationally recognized speakers
- Information on PPS and post-polio issues
- A library of books, CDs and audio and video tapes
- Assistance to the health care community with information and encouragement to promote research
- Advocacy for polio survivors
- Support for local chapters and support groups
- Assistance to those seeking to establish chapters in their areas

If you wish to join the Polio Network of New Jersey and/or would like information on post-polio syndrome, fill out the attached form and return it in an envelope addressed to:

Polio Network of New Jersey  
PO Box 537  
Martinsville, NJ 08836  
Telephone 201-845-6860  
Website: www.njpolio.org  
E-Mail: info@njpolio.org

AFFILIATED WITH  
POST-POLIO HEALTH INTERNATIONAL (PHI)  
WEBSITE: WWW.POST-POLIO.ORG

## POLIO NETWORK OF NEW JERSEY

NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

COUNTY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

- I am a polio survivor. Occupation \_\_\_\_\_
- I am a relative/friend of a polio survivor.
- I am a health care professional. Occupation \_\_\_\_\_
- I wish to be a member of the PNNJ and am enclosing my \$15 annual dues. All dues are tax deductible to the extent allowed by law.
- I cannot join PNNJ at this time but would like to be put on your mailing list.
- Enclosed is my check in the amount of \$ \_\_\_\_\_  It includes an additional tax deductible contribution.

*Make check payable to Polio Network of New Jersey or PNNJ: Mail to PO Box 537, Martinsville, NJ 08836*



Polio Network of New Jersey  
 PO Box 537  
 Martinsville, NJ 08836

REACHING OUT TO POLIO SURVIVORS SINCE 1990

# POLIO Network

OF NEW JERSEY

## Support Groups

### ATLANTIC COUNTY AREA

May's Landing Library, Farragut Avenue  
 3rd Saturday, 10 am-12 noon  
 Contact: Marge or Steve Disbrow  
 609-909-1518  
 kittystamp@comcast.net

### BERGEN COUNTY

Maywood Senior Center  
 Duvier Place  
 1st Saturday, 11:30 am-1:30 pm  
 Contact: Heather Broad 201-845-6317  
 hbroad@netzero.net

### ESSEX-UNION AREA

East Pavilion of East Orange General Hospital  
 240 Central Avenue  
 2nd Saturday, 12 noon to 2 pm  
 Contact: Edwina Jackson 973-673-0380 or Thelma Van Liew, 908-753-6514  
 nubianqueen8@aol.com

### MONMOUTH COUNTY AREA

Seabrook Village  
 300 Essex Road, Tinton Falls  
 3rd Monday, 2 pm  
 Contact: Toni Wilczewski 732-229-9343  
 skywash01@aol.com

### MORRIS COUNTY AREA

March, July, Dec.  
 3rd Wednesday eve, Il Villaggio Rest.  
 Apr., May, June, Sept., Oct., Nov.,  
 3rd Saturday, 11 am  
 Denville Municipal Bldg.  
 Contact: Vince Avantagiato 973-769-0075  
 drvince@njpolio.org

### OCEAN COUNTY AREA

Health South Rehabilitation Hospital  
 of Toms River, 14 Hospital Drive  
 3rd Saturday, 10 am-1 pm or 11 am-2 pm  
 Apr., Sept., and Nov.  
 Contact: Susan Payne Gato 732-864-0998  
 info@tomsrivernjpolio.org

### RARITAN VALLEY— Somerset/Hunterdon Counties

Manville Library  
 1st Saturday, 10 am-12 noon  
 Oct, Nov, Dec, March, April  
 Contact: Arthur Siegfried 908-722-7212  
 apecs@verizon.net

### SOUTHWEST JERSEY AREA

New Seasons at Voorhees  
 501 Laurel Oak Road  
 4th Saturday, 10:30 am-12 noon  
 Contact: Anna Nasuti 856-740-1106  
 amn46@comcast.net

10-09

Celebrating Our  
 20th Year

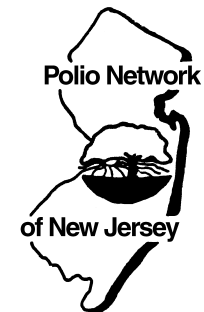
# Post-Polio

S Y N D R O M E

What  
 Is It?

What Can  
 You Do  
 About It?

A fact sheet prepared by  
 Polio Network of New Jersey



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