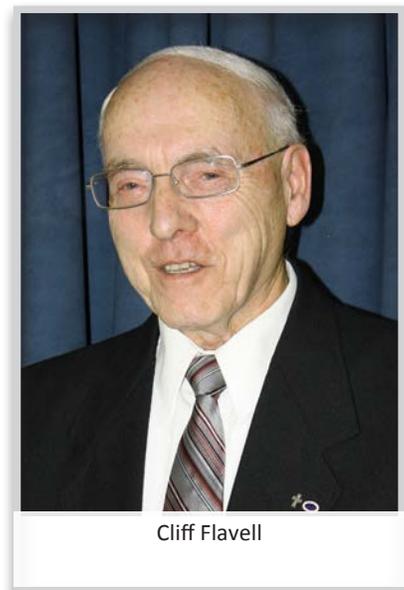


Survivors Speak:

Cliff Flavell

The history of polio is still being written as global eradication efforts continue and it becomes possible that there may be a polio-free world within the next five years. However, polio survivors still have a story to tell, one they are determined doesn't get lost to history. Gravenhurst, Ontario resident Cliff Flavell shares his story to help educate survivors about the impact of post-polio syndrome (PPS).

Cliff contracted paralytic polio in 1951 when he was 14 years old. A Toronto resident at the time, he was leaving the house with his family for church when he collapsed. He spent a few days resting at home before a doctor diagnosed him with polio. He was taken to the Riverdale Isolation Hospital where he spent two weeks isolated, and another two weeks in the general ward. Only his parents and minister were allowed to visit him. Cliff was also suffering from double pneumonia, and later learned that he wasn't expected to survive.



Cliff Flavell

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A Polio-Free India – A Monumental Milestone

On January 13, 2014 the BBC published an article declaring that “India hails a polio-free milestone”. The last reported case of polio in India was in 2011. In 2012 the World Health Organization (WHO) took India off the list of countries where polio is endemic. To be declared “polio-free” a country must not have a reported case of newly-diagnosed polio for at least three years. This massive success in a country that in the early 1980s was reporting upwards of 40,000 new cases annually, is due in large part to massive vaccination campaigns and efforts taken in the late 80s by the WHO and Rotary International to end polio.

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Note from the Chair, Elizabeth Lounsbury



Sitting here at my desk with the temperature at -25F it is hard to think back to my trip to Asia last year and remember the heat of Asian countries, or the rough life lived by many people

obviously disabled by polio. They do not have the assistive devices used by people living in Canada with the late effects of polio. Many are forced to sit on the street and beg. I saw one lady carrying her disabled brother on her shoulders in Vietnam. I didn't have the chance to visit India but from what I have read and been told the situation there is even worse.

When I received a report from David Gold at Global Health Strategies announcing that India, (long considered the most difficult place in the world to end polio) is celebrating three years polio-free, I was struck with memories of the children I have seen with polio devastation and the difficulties of living with post-polio syndrome while impoverished, and in such a hot climate. Then my thoughts turned to the happy fun-loving children that will be allowed to live out their childhood never knowing the pain and the suffering of polio, thanks to the diligence of the workers determined to see total eradication. I eagerly look forward to the day when all countries are polio-free.

Elizabeth Lounsbury,



Chair, Post-Polio Canada

March of Dimes Canada participates in Polio Genomics Study

The great unanswered question of polio is why some people developed complications, such as paralysis, and others did not. Most people who were infected did not develop paralysis or death. It is possible that there is a genetic predisposition to developing polio, that is, some people may have a variation in their genes that lead to complications when they are infected with the polio virus. McMaster University, Faculty of Health Science is currently undertaking a study to find out whether there were genetic variations that led people to develop paralysis following infection. The researchers have connected with March of Dimes to invite polio survivors across Canada to take part in their Polio Genomics Research Study.

To date, thanks in part to efforts of our post-polio support groups, the researchers have been able to contact approximately 5,000 survivors, many of whom have agreed to participate in the study. Additionally, since the study began, the researchers decided to

include the spouses of participants as the control population; meaning that the de-identified samples collected from our paralytic polio survivors will be compared to the samples we receive from the spouses of our survivors. McMaster researchers will be interviewing and collecting samples for this study until the end of 2014.

This is a voluntary study. If you are interested in participating, please contact March of Dimes Canada and/or McMaster University for more information and to learn about the next steps.

Dr. Mark Loeb

polio@mcmaster.ca

Research office at McMaster University: 1-800-541-2821

March of Dimes Canada contact:

Gemma Woticky, Education and Health Promoter
1-800-263-3463 extension 7207

gwoticky@marchofdimes.ca

Survivors Speak: continued from page 1 ...

Thankfully, he made a full recovery and walked out of the hospital. He spent another month at home before heading back to school, and resuming his life much as he had before falling ill.

Cliff led a full life, eventually settling in Gravenhurst, Ontario. When he began to experience symptoms of PPS, he went to the Barrie, Ontario post-polio support group to learn more. Later, a local Probus Club in Gravenhurst was looking for somebody to do a presentation about PPS, and Cliff was asked to take on the task. From there, an informal group of about 20 local-area polio survivors was formed. The group doesn't meet on a regular basis so the members keep in touch over the phone to provide support, and meet in person once annually.

As March of Dimes did not have a power point presentation, Cliff and his sister Mary Flavell Leger developed one for their presentations, and they

update it as more information becomes available. Cliff continues to give his powerpoint presentation to groups, including local Rotary Clubs, Probus Clubs and at March of Dimes events.

Cliff is also a passionate advocate for childhood vaccination.

"There are countries where polio is still endemic that are just a plane ride away," explains Cliff. "The reality is that polio is a threat to anybody in North America who isn't vaccinated," he continues.

In October, 2013, an article about Cliff's efforts was published in the local Gravenhurst newspaper, and from that, six more people reached out to him to learn more about PPS.

"We're still here," explains Cliff. "It's important to know that there are others still out there, that we aren't alone."

A Polio-Free India – A Monumental Milestone continued from page 1 ...

This incredible feat is a testament to the strong commitment India had at all levels of society to end polio.

To achieve this, the government and its partners:

- Invested close to \$2 billion toward eradication
- Established a surveillance network of 33,000 reporting sites
- Mobilized 2.3 million vaccinators during national immunization days

Unfortunately, the news is not all positive. Polio is still endemic in Afghanistan, Nigeria and Pakistan. There has also been a re-emergence of the virus in Syria due to the ongoing conflict. Much still needs to be done to see total global eradication.



Winter Safety

Cold weather can be especially problematic for people with health conditions that affect mobility and balance. In addition to the external hazards created by icy conditions, exposure to cold can increase the risk of accident and injury by aggravating symptoms.

Nerve pain - Cold can affect how the body reacts to temperature changes for people with nerve pain and neuralgia. Cover your face and any exposed skin to help alleviate pain.

Muscle spasms - Cold can increase spasticity and stiffness in people with Multiple Sclerosis or muscle control disorders.

Numbness - Some people lack sensation and are unable to distinguish hot from cold. Avoid exposure to cold and keep a safe distance from radiators and heaters.

Blood pressure - people with blood pressure and vascular problems are vulnerable to cold and should avoid extended exposure.

Immunity - viruses spread more during winter months and people with neurological conditions such as Parkinson's and Multiple Sclerosis have a higher susceptibility to illness and risk of complications from being sick.

Dizziness and off-balance - Slippery surfaces are especially dangerous for people with balance or weakness problems who

lack the necessary reflexes and strength to traverse safely.

Fortunately the dangers of winter are manageable and don't have to interrupt your life. To stave off the above-mentioned risk factors for accident and injury this winter, keep warm and take the following basic precautions:

Wear appropriate footwear - Choose sturdy winter boots and shoes with soles made from slip-resistant rubber that provide traction on ice and snow.

Salt pathways - Public pathways will be salted for traction but you will need to salt or sand your own walkway, driveway, stairs and all paths you might take to reach the treated pavement.

Wear walking aids - Make a nominal investment in some winter safety gear to make it easier and safer to walk on icy surfaces. Wear rubber grips with steel cleats that slip over your shoes and improve traction, like Hugo Snow Grabbers or Snow Paws. Cane users can add a cane tip designed for use on ice and snow, such as the Hugo Ice-O-Grip. Walking with trekking poles, also called nordic poles, can help motivate you to take walks and keep you safer on slippery surfaces.

Adopt the correct posture and gait for walking on icy ground. If you have to walk on ice or slippery surfaces, use a safe technique.

Keep your centre of gravity as low to the ground as possible. Tighten your core and engage your pelvic floor by contracting your pelvic floor muscles, an important element of core stability. Widen your stance. Take small steps instead of big strides, similar to shuffling your feet.

Exercise preventively - Exercise can help avoid accidents by training the body to react to shifts in balance. Bosu balls and yoga put your body in positions where balance will be required to train your core. Exercise programs that improve stability, balance, strength and reaction time have been shown to prevent falls in older people.¹

As far as seasons go, winter is a wonderful time to be active outdoors as long as you take corrective measures to safeguard your well-being. Adapt your environment by treating the areas you traverse with salt for traction, and adapt yourself to your environment by dressing appropriately and using the correct gait, posture and walking gear to prevent accidental falls.

¹ Balance, reaction time, and muscle strength in exercising and non-exercising older women: a pilot study. Lord SR, Caplan GA, Ward JA.

Upcoming Polio Awareness Events

Walk 'n' Roll 2014! Get Ready for the 6th Annual Walk 'n' Roll, May 2 - 4, 2014

From May 2 to 4, 2014, volunteers and participants from March of Dimes Canada stroke, polio, and acquired brain injury support groups, and residents of supportive living homes, will walk or roll through a designated course in a local shopping mall to raise awareness of March of Dimes' programs and services.

To inquire about holding a Walk 'n' Roll event in your community please contact: Gemma Woticky
1-800-263-3463 extension 7207
gwoticky@marchofdimes.ca



Promoting Healthy Ideas, PHI's 11th International Conference May 31 – June 3, 2014

The 11th Annual Conference held by Post-Polio Health International for North American polio survivors takes place in St. Louis, Missouri, United States. For more information and registration details, visit www.post-polio.org

March of Dimes Canada will be hosting a Polio Wellness Retreat from September 8–12, 2014

In the beautiful foothills of the Rocky Mountains. Taking place at Easter Seals Camp Horizon in Bragg Creek, Alberta, guests will have the chance to learn mindful meditation practices, relaxation techniques and a number of ways to manage post-polio syndrome while taking in breathtaking scenery. The cost of the retreat is \$375 per person and does not include travel.

For more information please contact:
Xilonem Lopez: email: xlopez@marchofdimes.ca or call 1-800-263-3463 extension 7209

March of Dimes Canada offers Financial Planning Seminars

Staff members and financial planning experts can offer your group a presentation on the Registered Disability Saving Plan (RDSP) and the Disability Tax Credit.

You can learn valuable tips on how to:

- Set up a Registered Disability Savings Plan funded by the government
- Claim the disability tax credit
- Maximize your charitable donations and reduce taxes at the same time
- Minimize taxes upon death and create a legacy of inter-generational wealth for loved ones

These sessions can help group members gain insight on tax-saving and charitable-giving strategies.

If your group is interested in hosting a Financial Planning Seminar, please contact Daniella Sretenovic at 1-800-263-3463 ext. 7338 or by email at dsretenovic@marchofdimes.ca

IMPORTANT NOTE:

When you are coming to terms with new symptoms, it is important to know that you are not alone. The most important aspect of Post-Polio Canada is our member groups, who organize local meetings and seminars, in addition to providing information, support and encouragement. Please contact the local support group leader nearest you.

POST-POLIO CANADA SUPPORT GROUPS IN CANADA

Southern Alberta Post Polio Support Society

7 – 11 St. NE Calgary AB T2E 4Z2

Contact: Esther Hendricks

Tel: 403-813-9583

Fax: 403-281-1939

calgary@sappss.com

www.sappss.com

Wildrose Polio Support Society

132 Warwick Road NW
Edmonton, AB T5X 4P8

Contact: Glyn Smith

Tel: 780-428-8842

Fax: 780-475-7968

wpss@polioalberta.ca

www.polioalberta.ca

Lethbridge & Area

2722 – 7A Ave. North
Lethbridge AB T1H 1A4

Contact: Juanita Takahashi

Tel: 403-329-9453

lethbridge@sappss.com

Saskatchewan Awareness of Post-Polio

2310 Louise Avenue
Saskatoon, SK S7J 2C7

Contact: Ron Johnson

Tel: 306 - 477 - 7002

Fax: 306-373-2665

sapp1@sk.sympatico.ca

www.geocities.com/sapponline

Polio Regina

825 McDonald St
Regina, SK S4N 2X5

Contact: Carole Tiefenbach

Tel: 306-761-1020

twilf_ecarole@hotmail.com

http://nonprofits.accesscomm.ca/polio

Post Polio Network (Manitoba) Inc.

c/o SMD Self-Help Clearing House
Suite 204, 825 Sherbrook Street
Winnipeg, MB R3A 1M5

Contact: Charlene Craig

Tel: 204-975-3037

postpolionetwork@shaw.ca

www.postpolionetwork.ca

Polio Ontario

Over 15 groups throughout Ontario

Tel: 1-800-480-5903

or 416-425-3463 ext. 7207

polio@marchofdimes.ca

www.marchofdimes.ca/polio

Association Polio Quebec

3500 Decarie Blvd., Suite 263.

Montreal, QC H4A 3J5

Contact: Mado Shrivell

Toll Free: 877-765-4672

Tel: 514-489-1143

Fax: 514-489-7678

associationpolioquebec@bellnet.ca

www.polioquebec.org

Polio New Brunswick

268 Montreal Ave.
St. John, NB E2M 3K6

Contact: Peter Heffernan

Tel: 506-635-8932

peterhef@nbnet.nb.ca

www.poliocanada.com

Polio Northern New Brunswick

Contact: Claudia LeBlanc

Tel: 506-548-1919

sunrayfifty@yahoo.com

Polio PEI

47 Westwood Crescent

Charlottetown, PE C1A 8X4

Contact: Stephen Pate

Tel: 902-566-4518

stephen_pate@hotmail.com

YOU ARE NOT ALONE - JOIN POST-POLIO CANADA NOW!

Mr. Mrs. Miss Ms. Are you a: Polio Survivor Healthcare Professional Family/friend Other

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

E-mail address: _____

Your donation to Post-Polio Canada will help us continue to provide education and support.

Here is my tax-receiptable donation to Post-Polio Canada of: \$250 \$100 \$50 \$25 I prefer to give \$ _____

Yes, I have left a gift in my will to March of Dimes.

I would like more information on making a gift in my will to March of Dimes.

My cheque is enclosed OR Please charge my: VISA MasterCard American Express

Card No.: _____ Expiry Date (mm/yy): _____

Name on card: _____ Signature: _____

Send form with donation to: **Post-Polio Canada® - March of Dimes Canada, 10 Overlea Blvd., Toronto, ON M4H 1A4**

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www.marchofdimes.ca 1-800-263-3463



Text the word **SUPPORT** from your mobile phone to 45678 to donate \$10.