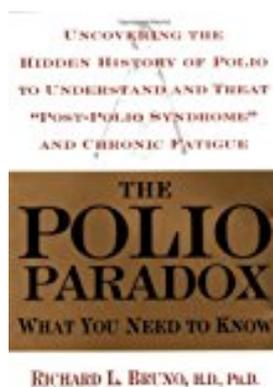


[PDF] The Polio Paradox: What You Need To Know

Richard L. Bruno - pdf download free book



Books Details:

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Description:

Outlining a program equally useful for those suffering from CFS, fibromyalgia ME, or post-polio sequelae, *The Polio Paradox* enables patients to overcome the emotional issues surrounding the disease and begin a helpful regimen of long-term self-care. Using simple diagrams and illustrations, along with plenty of references to medical studies the world over, Dr. Richard Bruno has written a straightforward guide that deals with both the physical and social concerns these illnesses raise.

The first section of the book outlines the recent history of the poliovirus, and how it affected, and continues to affect, several generations. From childhood agonies to adult experiences of extreme fatigue that worsen when patients attempt to stay active, every stage is examined, with a special focus on both how the virus works and how surviving the disease often resulted in a host of social stigmas. In blunt, often humorous prose, Bruno outlines recommendations to aid in dealing with recurring symptoms.

Admonishments like "walls, furniture, and spouses are not assistive devices" and "brake before you break" are aimed at helping patients develop a reasonable exercise program in combination with curtailing exhausting activities and gaining an understanding of how to live with a chronic, potentially debilitating illness. Supplying both a historical perspective and a healthy dose of practical support, Bruno offers an excellent and thorough introduction to the world of post-polio management. --*Jill Lightner*

From Publishers Weekly Bruno, chairperson of the International Post-Polio Task Force and director of the Post-Polio Institute, has made an important contribution to the available literature on post-polio syndrome (PPS). Since the early 1980s, many polio survivors who were diagnosed with the disease during epidemics that occurred before the vaccine became available (in 1954) have been experiencing serious symptoms of muscle weakness, fatigue, joint pain, excessive coldness and difficulty in swallowing. In an informed scientific overview of polio, the author explains how motor neurons, damaged during polio's onslaught on the body, have been overworked and are dying off, leading to PPS. Of great interest is Bruno's overview of the harsh manner in which medical professionals treated children with polio during the 1940s and '50s. Separated from their families, these young people were subjected to painful treatments that did not work and told that they should suppress their emotions, hide their disability as much as possible and overcome the disease by hard work and striving to appear normal. This resulted in a rash of polio survivors who became Type A overachievers who denied their own needs. Bruno's paradox is that this very Type A behavior is a hindrance to treating PPS, which must be managed by self-care, including slowing down physically, avoiding stress, accepting help from family members and utilizing assistive devices such as braces and wheelchairs, when necessary. Bruno provides a wealth of advice that will encourage anyone experiencing PPS to seek treatment. Included also is a helpful discussion of chronic fatigue syndrome and its relationship to PPS.

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