



GPSG NEWS

INFORMATION FOR POLIO SURVIVORS
IN THE GEELONG REGION AND BEYOND



April 2019 Edition

Next Meeting:
1st April 10:30AM

In the Chair
Please welcome back Sss-Super Sharon!

Meetings are usually held on the 1st Monday of every month Main Conference Room, McKellar Centre, Nth Geelong (first left passed main Reception Desk) just before The Hub Cafe

In This Issue

- Polio Australia's Paul Cavendish – On Fatigue
- The Dr Who Runs India's Last Polio Ward
- Coming up in May



TO YOU

CHRISTIAN WILLIAMS

April 3RD

JENNIFER MERRETT

April 9TH

SHARYN MATTHEW S

April 19TH

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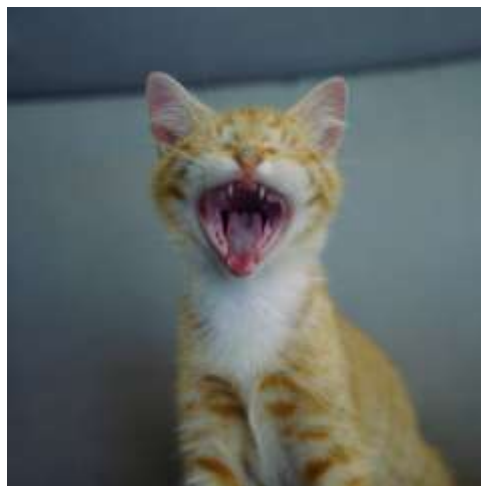
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More Than Just Tired.

By Paul Cavendish, Clinical Health Educator – Polio Australia

Reprinted courtesy of Polio Oz News



Most polio survivors are aware of a loss in muscle strength, and how this can lead to fatigue in specific muscles. But don't forget, muscle endurance can be affected throughout your body and hence body aches can occur just the same as specific pockets of muscle fatigue. Due to this, overall activity needs to be managed. An activity diary can help you find patterns to muscle fatigue. Fatigue can often occur one or even two days after an activity, leaving you feeling washed out.

Many polio survivors identify fatigue as one of the most significant factors to impact on quality of life. Finding the reason behind this and how to manage or treat fatigue is a real challenge for polio survivors and health professionals. A major reason for this challenge with fatigue is it usually results from a range of factors rather than a single specific cause.

After recording the amount of activity and reflecting on how this may contribute to fatigue, a story or key patterns emerge, although, perhaps you had a pretty good idea beforehand! The tricky bit next is to look at how or where changes can be made. Five areas that polio survivors have found useful in this situation are:

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Convenor's Corner...

In Sharyn's absence last month due to her holidaying up in sunny Qld we had **Doris Jarvie** in the Chair conducting our March meeting. Doris was very impressed by our guests **Marilyn Brown** & her husband **Martin**, from **ParkinSong** along with **Barry Sims** on his keyboard. The singing from our members was very good. Although our **Editor Gary Newton**

thought he was a bit **too LOUD!!** The aim was to have fun and we all most certainly did that!

Coming up **at this month's meeting** something of special interest to the **MESSY** amongst us... Professional Organiser **Elise Purkis**, specialist in downsizing, chronic disorganisation and hoarding will join us to talk about **The Zen of Decluttering** at our April Meeting (**Monday April 1st**). Looking for some life changing **magic**? Put it in your diary *now* and come along to hear Elise speak next week. Elise has a wealth of experience and knowledge so it's sure to be both beneficial and very interesting.

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1. Planning

This is an instinctive thing for many polio survivors. For example, minimising the number of 'trips' around the house! What can be more difficult is to look at ways to reduce the number of trips or events in the week . . .

2. Prioritising

The first step can often lead to more. Sometimes what seem like necessary things can actually wait, or at least be done less often. Where this is not possible, it pays to delegate! We know you can do it but maybe you can give yourself permission not to. Check with a friend, family member or a professional service as to where or how they may be able make a difference so you can enjoy the things most important to you.

3. Pacing

This is often misunderstood. Pacing does not always mean you have to stop what you do today (please check you have applied the aforementioned principles though!). It does mean limiting the time you do something within a day. Consider the important feedback cues from your body (e.g. face grimaces; your shoulders up near your ears) AND next time stop before this point in time. Like any habit, it takes time. Start with things you feel more likely you can adjust within your usual routine and gradually increase this strategy.

4. Aids and Equipment

Consider options for making things easier such as a wheeled walker, shower chair, ramps, etc. Easing the workload on your muscles can make a great difference.

5. Health Check-up

If there are changes in the level of fatigue, or in other areas of your health, it is important to discuss this with your GP. The history of polio may explain it, but something else may be an important factor that can be addressed.

Perhaps it's time to share any 'wins' you've had with other polio survivors. This discussion may give everyone a new way to do a task, an aid to buy, or trial a therapist. It can make all the difference. . .

Polio Australia is running an anonymous survey to better understand fatigue levels among polio survivors in Australia and New Zealand. We want to inform health professionals and involve universities more to understand fatigue. The aim of this is to help them identify better treatment and management techniques and/or further research opportunities to

assist polio survivors.



Survey: Impact Of Impairments And Fatigue On Polio Survivors

Polio Australia has developed a survey on the impact that impairments and fatigue has on polio survivors.

This helps Polio Australia when we advocate for polio survivors' needs within the areas of health and disability.

We also continue to educate health professionals with current and specific information.

Click the link above to complete the survey

As this is an online only survey, those without computer access wishing to participate in it should phone (03) 9016 7678 and Polio Australia will help you

An Irishman's First Drink with His Son . . .

I was reading an article last night about fathers and sons, and memories came flooding back of the time I took my son out for his first drink.

Off we went to our local bar, which is only two blocks from the house.

I got him a Guinness Stout. He didn't like it – so I drank it. Then I got him a Murphy's; he didn't like it either, so I drank it.

It was the same with Beamish and O'Hara's and Kilkenny.

By the time we got down to the Irish whiskey . . .

I could hardly push the stroller back home.



The Geelong Polio Support Group recently purchased a limited number of copies of the outstanding polio movie "BREATHE" on DVD for our members to borrow. If you would like to reserve a copy please contact GPSG Coordinator Sharyn Matthews 0435 719 333.



Mathew Varghese, an orthopaedic surgeon, runs India's last polio ward, at St. Stephen's Hospital in New Delhi.

Meet the Doctor Who Runs India's Last Polio Ward

Decades ago, Dr. Mathew Varghese went from house to house in northern India to study victims of polio. He saw people who could only crawl. He learned to ask questions they didn't teach in medical school: What is your social class? Are you able to attend school? His findings came with a lesson: "What you see in the hospital is only part of the story."

Today Varghese, an orthopaedic surgeon, runs [India's last polio ward](#), at St. Stephen's Hospital in New Delhi. In 1990, the city saw 3,000 new paralytic cases of polio; since January 2011, India has seen zero new cases, but for the victims, polio is forever. Doctors like Varghese are assisting with therapy, surgery and more. That work, he says, "is an absolutely humbling experience." Varghese, 60, wants to heal more. He helped build an educational organization, now in all 29 states of India that teaches medical students how to understand the social factors behind clinical care. "I am able to do this little bit," Varghese says, praising his staff. "But there is so much potential out there that is not tapped."

Disclaimer: The aims and objects of the Geelong Polio Support Group is to gather and disseminate information on Post-Polio Syndrome and Late Effects of Polio, to support each other in any way we can This newsletter is written for interest and information only. Information of a medical nature in this newsletter is not authorised in any way. Please contact a medical professional before adopting or acting upon anything contained herein. The writer of this newsletter accepts no responsibility for the authenticity of services and does not warrant they are either accurate or true... We do not purport to be medically qualified. Consult your doctor before trying any medication or new form of exercise. Please give relevant information to your doctor and help them to help us. We do not endorse any product or services mentioned.

2019 Meetings

April 1st

Guest Speaker

Elise Purkis -

Zen of Decluttering

Housekeeping,

Ideas, contacts, etc. for meetings this year, any unpaid subs, guest speaker & catch up

May 6th

Belinda McArdle

June 3rd

Peter Binns

July 1st

Sue Van Every on her travels in Nth Korea

August 5th

September 2nd

October 7th

November 4th

December 2nd

Christmas Lunch

COMING UP next month in May:

Belinda McArdle

Singer | Vocal Teacher | Workshop Facilitator |
Songwriter | Performer joins us at our May meeting.

Belinda will inform, engage and delight with details of her Acabellas and more, so make sure you join us for our May 6th, 2019 meeting with our wonderful guest speaker Belinda McArdle from 11am. Do yourself a favour - don't miss this meeting!!

Heart Health

Did You Know?

Blood comes in different shades of red. Oxygen rich blood is bright red and blood with less oxygen is darker shade of red.

Average human heart beats about 70 times in a minute.

If everything that is included in the circulatory system like: – arteries, veins, capillaries etc. is laid out end to end then it would stretch 100,000 kilometres.

A heart laugh works as a good heart medicine and also helps to reduce stress.

Blood pressure is the pressure of blood against the wall of an artery.

Blood contains platelets that are essential for clotting the blood. If a blood vessel is damaged, a clot forms to stop blood leaking.