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Nota di contenuto	Front matter -- Contents -- Foreword -- Preface -- 1. Polio-A Look Back -- 2. Post-Polio Syndrome -- 3. Nonparalytic Polio and Post-Polio Syndrome -- 4. Finding Expert Medical Care -- 5. The EMG Controversy -- 6. Prevailing over Pain -- 7. Preserving and Protecting Your Arms -- 8. Sustaining Strength -- 9. Fighting Fatigue -- 10. Controlling Cold Intolerance -- 11. Respiratory Problems -- 12. Swallowing Issues -- 13. Exercise Essentials -- 14. Energy Conservation and Pacing -- 15. Nutrition and Weight -- 16. Preventing Falls and Further Disability -- 17. Keeping Bones Healthy and Strong -- 18. Mobility -- 19. Bracing, Shoes, and Assistive Devices -- 20. Wheelchairs and Scooters -- 21. Surgical Considerations -- 22. Complementary and Alternative Medicine -- 23. Designing a Safe and Comfortable Living Environment -- 24. Insurance and Disability Benefits -- 25. Sex and Intimacy -- 26. Coping with Polio and Post-Polio Syndrome -- Notes -- Index
Sommario/riassunto	The effects of polio that occur decades after the disease has run its course-weakness, fatigue, pain, intolerance to cold, difficulty with breathing and swallowing-are often more devastating than the original disease. This book on the diagnosis and management of polio-related health problems is an essential resource for polio survivors and their families and health care providers. Dr. Julie K. Silver, who has both

personal and professional experience with post-polio syndrome, begins the book by defining and describing PPS and providing a historical overview of its diagnosis and treatment. Chapters that follow discuss finding good medical care, dealing with symptoms, maintaining proper nutrition and weight, preventing osteoporosis and falls, and sustaining mobility. Dr. Silver reviews the latest in braces, shoes, assistive devices, and wheelchairs and scooters. She also explores issues involving managing pain, surgery, complementary and alternative medicine, safe and comfortable living environments, insurance and disability, and sex and intimacy.
