

THE POST POLIO CLINIC

An overview



Polio Québec Association

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Call us : 514-489-1143 / 1-877-765-4672

Contact us by email : association@polioquebec.org

THE POST-POLIO CLINIC

You had polio and think you may have Post-Polio Syndrome (PPS)? Speak with your doctor. If your health specialist doesn't know much about PPS, we can send you booklets that will give him/her more information about PPS symptoms and late-effects of polio.

If this is not enough for your health situation, you can also contact the *Montreal Neurological Institute and Hospital Post-Polio Clinic*. It is the only clinic in Canada specialized in polio.

ADDRESS

Post-Polio Clinic

Montreal Neurological Institute and Hospital
3801, University Street
Montreal (Quebec)
H3A 2B4

Tel: (514) 398-8911

Fax: (514) 398-2745

Specialized doctors:

D^r Daria A. Trojan, MD, Psychiatrist

D^r Diane Diorio, MD, Neurologist

For more information or to obtain an appointment, contact Danielle Lafleur (secretary) at 514-398-8911.

Keep in mind that you will need a referral from your family doctor to have an appointment at the Post-Polio Clinic.

THE POST-POLIO CLINIC: introduction

Dr. Trojan, physiatrist at the Post-Polio Clinic, answered crucial questions on the role of the Clinic and on the PPS.

Q1: Who should consult the Montreal Neurological Institute and Hospital Post-Polio Clinic ?

D^r Trojan: Individuals with previous polio can come to the Post-Polio Clinic, with a request for consultation from another physician, preferably their family physician. Individuals can come whether or not they are having new difficulties related to previous polio, however most patients who come are having new difficulties. Patients come here for evaluation of their difficulties and to help learn how to best manage their symptoms. If they are having no new symptoms, but have weakness related to previous polio, we can also evaluate them and recommend preventative measures as necessary.

Q2: Is it important that these people go to the clinic or can they manage their life symptoms by themselves?

D^r Trojan: This is a personal decision for each individual and can be discussed with their family physician. If there are new difficulties related to previous polio, it is recommended to have an evaluation by a physician and not to self-diagnose. The main symptoms of post-polio syndrome (new weakness, fatigue, and pain) can be due to many other conditions and not necessarily post-polio syndrome. Fatigue, for example, is very common even in the general population and can be due to a variety of causes (such as anemia, thyroid difficulties, obstructive sleep apnea-hypopnea, etc). Because there is no specific diagnostic test for post-polio syndrome, any new symptoms require an evaluation for potential causes. Some of which may be treatable.

Q3: What should they expect from a first appointment at the clinic?

D^r Trojan: At the time of the first appointment, the patient is first evaluated by one of the two Clinic physicians, Dr. Diane Diorio, Neurologist, or me, Dr. Daria Trojan, Psychiatrist. The physician usually requests some investigations such as blood tests (can be done the same day at the Montreal Neurological Hospital), X-rays, CT or MRI scans, pulmonary function tests, electromyography studies, sleep studies, or bone densitometries.

Patients may require only one or a few of these investigations. Most of the investigations mentioned (except blood tests) are done at a different time, and many of them can be done in the patient's local area, if possible, especially if the patient comes from far away. Patients can also be referred to other specialists or health care professionals, as necessary, including Pulmonary and Sleep Specialists, Endocrinology, Orthopedics, Rheumatology, Psychology, orthotists (for bracing), dieticians, and social workers. These appointments are on a different day, and not the same day as the first Clinic appointment.

Many patients are also referred to Physiotherapy or Occupational Therapy at the time of the first appointment. Some patients are seen by therapists at our hospital. Patients can also be referred to therapists outside our hospital such as at their CLSC or a local rehabilitation centre.

Q4: Is one meeting enough to obtain help for people living far from Montreal, or do they have to come at the Clinic many times to be treated?

D^r Trojan: We think that only one meeting can be useful, but it is obviously more difficult for the patients who live in regions. For these patients, we can make recommendations to the referring physician. Patients can return, if that is possible. We follow a number of patients who live far away (such as Jonquiere or Quebec) who come to the Clinic on a yearly basis. For the patients who live closer, we usually see them every 6 to 12 months, depending on the situation.