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"The development of new weakness, fatigue and pain, decades after paralytic poliomyelitis, is a recognized syndrome." (N.ENGL.J.MED. 1987;317:7-12Dr. Neil Cashman)

January 1988

No. 2

Welcome to the second edition of our newsletter. Since we last met many productive meetings have been held over the past months. The "Quebec Post-Polio Syndrome Association" now boasts a membership of 400 people and still growing.

A general meeting was held in May 1987 with several interesting guest speakers. We learned about "Canada Food Rules" from a dietician; Podiatrist, Marc Tranchemontagne discussed feet care and avoiding problems. Dr. Tranchemontagne is very interested in our association and welcomes inquiries. He can be reached at 669-3772; Our medical advisor Dr. Neil Cashman explained the symptoms and problems related to the "Post-Polio Syndrome".

Another general and support meeting took place in December 1987 subtitled " Faut L'Entendre-Lets Hear It". Advances in research were discussed by Dr. Cashman, Research Neurologist, along with Dr. Daniel Gendron, with a slide show presentation detailing "Post-Polio Syndrome"; Member, Mona Arsenault, secretary of the Association and a director on the Board, presented the idea of forming "Mini-Support Groups", to assist people in various areas of Montreal and vicinity. This concept was readily accepted by members and will be acted upon; Members then broke up into workshops and discussed future gatherings.

In January 1987, "Association" questionnaires were sent to acquire information regarding support service. A large number were sent back and the information is now being evaluated.

The "Quebec Post-Polio Syndrome Association" would like to thank Margret Hanrahan, Executive Director of the "Quebec March of Dimes", for her donation of \$1000.00 to cover mailing costs and expenses. In addition, the "Quebec March of Dimes" donated \$3000.00 to finance a "Fellow" to assist Dr. Cashman in his on going research.

MONA'S CHATTER

In September 1987, I went to Toronto for a visit to the "Toronto-Peel Post-Polio Association" and met with several interesting Polio survivors.

A tour of the facility was given by Anne Randall, Co-ordinator of the "West-Park Post-Polio Clinic". The work preformed there is a total evaluation of the Polio client. The patient is first given an evaluation of his state of health. Their needs are explained and treatments are set up. A report is

forwarded to the client and their family physician. This clinic has been in operation for one year and sees 4-6 patients per week. It was surprising to note the low number of patients assessed per week, but an explanation provided by Randall that each person sees a team of professionals including a physiatrist, respiratory therapist, nurse, physiotherapist, occupational therapist and social worker. A subsequent visit to the Ontario March of Dimes office provided me with many articles on Post-Polio including a manual on Mini-Support Associations. Permission was granted to use the material and I found it excellent. I attended a small support meeting where, past president, Jeannette Shannon introduced me to other Polio people. Social workers were also present to discuss problems including new disabilities and changes in lifestyles.

If you have any contributions to this "Newsletter" give me a call and let's talk about it! (514-687-1036)

DR. NEIL CASHMAN CONGRADULATIONS

Dr. Neil Cashman has had a paper published in "The New England Journal of Medicine" in July 1987. Called "Late Denervation in Patients with Antecedent Paralytic Poliomyelitis". We are all very proud of his work and copies are available. If interested; call or write the association and we will send this or other documents.

IN MEMORIAM

It is with deep regret that we announce the passing of our physiotherapist, Anne-Marie Van Daele, in December 1987. She was a good friend to the association and a valuable source of information and help. Her presence will be truly missed by all. The Quebec Post-Polio Syndrome Association extends sincere sympathy to husband Paul.

MINI SUPPORT MEETING HIGHLIGHTS

South	Chapter.....topic: Introduction to support groups
West	Chapter.....Stress reduction and Time management
Central	Chapter.....Bank of Services; shoes
Central North	Chapter.....Book review on Polio experiences
Joliette	Chapter.....Fatigue and Pain
East	Chapter.....to be discussed
North	Chapter.....Responsibilities of doctors and patients

We are pleased to announce the creation of 2 new chapters. Amos and Boisbriand, Quebec. Date and meeting places to be announced.

ASSISTANCE REQUIRED

If you can spare some time to help us out we certainly would appreciate it. What better way to assure the growth of the association than by personally participating in all activities and programs. Help us to help you. If you are a typist, translator, telephone person, leader, etc. give me a call at: 514-687-1036 (Mona).

Until next time.....