



POST - POLIO NETWORK (NSW) INC.

Supporting polio survivors and their families since 1989

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Managing Post Polio: A Guide to Living Well with Post-Polio Syndrome

Edited by Lauro S. Halstead, M.D.

This 240-page book provides a comprehensive overview on dealing with the medical, psychological, vocational, and many other challenges of living with post-polio syndrome. Written by 20 authorities in their fields, the majority of whom are polio survivors themselves, *Managing Post-Polio* distils and summarises in lay terms the wealth of information presented at conferences and published in the medical and allied health literature over the past 10 to 15 years. This information is supplemented with personal stories of seven individuals who provide eloquent testimony to the many ways people have prevailed in the face of ongoing disability.

Intended for persons who have had polio, their families, friends, and loved ones, *Managing Post-Polio* was also written for health professionals who are unfamiliar with the late effects of polio and those who would like to learn more. As Dr Halstead, a polio survivor himself, observes in the introduction, "this book was written and edited partly to help me deal better with my own unique disability and to help the many thousands of other polio survivors in this country and around the world deal more effectively with their unique version of polio disability."

1998 saw the publication of *Managing Post-Polio: A Guide to Living Well with Post-Polio Syndrome*, the most informative, readable and relatively cheaply priced book yet to appear on this topic. Dr Lauro Halstead, an American rehabilitation specialist who was responsible for early research and conferences on PPS, is the editor. This is an excellent book. It is the book I would recommend to any newcomer to the post-polio scene, whether they are a survivor or a health practitioner. It also has a great deal to offer 'old hands' being full of facts and ideas to which you'll often want to refer.

Dr Mary Westbrook, review in Post-Polio Network (NSW) Inc Newsletter, Issue 40, February 1999

The Post-Polio Network (NSW) stocks various books describing the late effects of polio and its management. The prices quoted are for *Network members* and postage is included.

Books etc (① indicates Post-Polio Network publication)	Size	Cost	Quantity Required
<i>Managing Post-Polio: A Guide to Living Well with Post-Polio Syndrome</i> edited by Lauro S Halstead MD (see description overleaf)	240 pages	\$25.00 plus 10% GST	
<i>A Practical Approach to the Late Effects of Polio</i> Charlotte Leboeuf	39 pages	\$2.50	
<i>The Late Effects of Polio: Information for Health Care Providers</i> Charlotte Leboeuf	56 pages	\$2.50	
① <i>Living with the Late Effects of Polio</i> Conference Proceedings, edited by Gillian Thomas	170 pages	\$29.00	
① <i>Polio – A Challenge for Life – The Impact of Late Effects</i> Report: Survey of Members, Merle Thompson	54 pages	\$12.00	
① <i>Post-Polio Network - Helping Polio Survivors Live Successfully with the Late Effects of Polio</i> , Dr Mary Westbrook	12 pages	\$3.00 1st copy free	

Audio tapes of Network Conferences are also available. These cost \$12.00 for a single tape, or \$11.00 each if two or more are purchased. Packaging and postage is extra. For one tape add \$4.00, for 2 tapes add \$6.50, for 3 tapes add \$8.50, and for 4 or more tapes add \$10.00.

Audio Tapes (all Post-Polio Network publications)	Qty
Conference: <i>Living with the Late Effects of Polio</i> (9 tapes total) ▶ The State of Knowledge of Post-Polio Syndrome Today [Dr Stanley Yarnell] ▶ The Latest Research Findings on Polio [Dr Elizabeth Dean] ▶ Experiences in Treating People with Post-Polio Syndrome - Practical Implications of Clinical Research [Dr Stanley Yarnell and Dr Elizabeth Dean] ▶ A Panel Discussion of the Australian Experience and Research into Post-Polio Syndrome [Dr Robert Adler, Professor Simon Gandevia, Dr Jill Middleton, Ms Amanda Piper] ▶ <i>Where Do We Go From Here? A Panel Discussion</i> [Dr Mary Westbrook, Dr Stanley Yarnell, Dr Elizabeth Dean, Rep. from each Australian Polio Network] ▶ <i>Overcoming Isolation</i> [Mrs Edith Morris] ▶ <i>Respiration Matters!</i> [Dr Elizabeth Ellis] ▶ <i>Well-Being For People Who Have Had Polio</i> [Mr John Smith] ▶ <i>Footloose and Fancy Free</i> [Ms Jill Fogarty OAM]	
Conference: <i>Managing the Late Effects of Polio</i> (3 tapes total) ▶ <i>Post-Polio Syndrome – Management of Symptoms</i> [Dr Pesi Katrak] ▶ <i>Let's Go Shopping – Sourcing the Right Mobility Solutions</i> [Mr Chris Sparks] <i>Be Kind to Your Feet</i> [Mr Richard Lee] ▶ <i>Breathing, Voice and Swallowing</i> [Ms Trish O'Sullivan] <i>The Late Effects of Polio - Ask The Panel</i> [Dr Pesi Katrak, Mr Ron Bennett, Mr Jac Cousin, Dr Ian Neering, Ms Trish O'Sullivan]	
Ring (02) 9663 2402 for details of other audio tapes and video tapes which are available	

White T-shirts are available in large and extra large sizes. On the front centre of each T-shirt is a graphic design of a single polio virus particle and the name of our Network. The four-colour (red, yellow, green and blue) design is very striking. The T-shirts cost \$15.00 each. Packaging and postage is extra, and costs \$5.00 for the first T-shirt and \$2.00 for each additional T-shirt. <i>Please add 10% GST to the total price.</i>	Qty

The polio virus design also appears on the Network's four-colour enamelled badge (23 mm x 23 mm). The badges cost \$5 each (plus \$1 postage) and are suitable for men or women. Each badge comes with a description of the virus and information about the Network. Not only is the badge a great fashion statement, it is an innovative way to promote the Network and raise a little money to help its work.	Qty