



The following excerpt has been taken from the Christopher & Dana Reeve Foundation Paralysis Resource Center website.

[http://www.paralysis.org/site/c.erJMJUOxFmH/b.1293659/k.CF49/PostPolio\\_Syndrome.htm](http://www.paralysis.org/site/c.erJMJUOxFmH/b.1293659/k.CF49/PostPolio_Syndrome.htm)

### **Polio and Post-Polio Syndrome**

Poliomyelitis (infantile paralysis) has been eradicated from nearly every country in the world since the approval for use of the Salk (1955) and Sabin (1962) vaccines.

The World Health Organization (WHO) estimates there are 12 million people worldwide with some degree of disability caused by poliomyelitis. The National Center for Health Statistics estimates there are one million polio survivors in the United States. About 433,000 of them reported paralysis resulting in some form of impairment.

For years most of these polio survivors lived active lives, their memory of polio long forgotten, their health status stable. By the late 1970s, polio survivors were noting new problems of fatigue, pain, breathing or swallowing problems, and additional weakness – medical professionals called this the "post-polio syndrome (PPS)."

Some people experience PPS-related fatigue as a flu-like exhaustion that worsens as the day progresses. This type of fatigue can also increase during physical activity, and may cause difficulty with concentration and memory. Others experience muscle fatigue, a form of muscle weakness that increases with exercise and improves with rest.

Current research indicates that the length of time one has lived with the residuals of polio is as much of a risk factor as chronological age. It also appears that individuals who experienced the most severe original paralysis with the greatest functional recovery are having more problems now than others with less severe original involvement.

The current consensus of opinion explaining post-polio symptoms focuses on the nerve cells and their corresponding muscle fibers. When the poliovirus destroyed or injured motor neurons, muscle fibers were orphaned and paralysis resulted. Polio survivors who regained movement did so because nerve cells recovered to a certain extent. Further recovery is attributed to the ability of non-affected neighboring nerve cells to "sprout" and reconnect to the orphaned muscles.

Survivors living for years with this restructured neuromuscular system are now experiencing the consequences – overworked surviving nerve cells and overworked muscles and joints,

compounded by the effects of growing older. While the search for a viral cause continues, there is no conclusive evidence to support the concept that post-polio syndrome is a reinfection of the poliovirus.

Polio survivors take care of their health by seeking periodic medical attention, by being nutrition-wise, avoiding excessive weight gain, and by stopping smoking or over-indulging in alcohol.

Survivors should listen to their bodies. Avoid activities that cause pain – this is a warning signal. Avoid un-restrained use of painkillers, especially narcotics. Do not overuse muscles but do continue activity that does not worsen the symptoms. In particular, do not overexercise or continue to exercise through pain. Avoid activity that causes fatigue lasting more than ten minutes. Conserve energy by avoiding tasks that are nonessential.

PPS is not typically a life-threatening condition, but it may cause significant discomfort and disability. The most common disability caused by PPS is deterioration of mobility. People with PPS may also experience difficulties performing daily activities such as cooking, cleaning, shopping, and driving. Assistive devices such as canes, crutches, walkers, wheelchairs, or electric scooters may be necessary for some people. If symptoms are extremely severe, these individuals may be required to change occupations or stop working altogether.

Many individuals have difficulties adjusting to new disabilities. For some with PPS, reliving their childhood experiences with polio can be a traumatic and even terrifying experience. Fortunately, PPS is gaining increasing attention in the medical community, and there is a growing number of health care professionals who understand PPS and can provide appropriate medical and psychological help. In addition, there are PPS support groups, newsletters, and educational networks that provide up-to-date information about PPS while offering individuals the knowledge that they are not alone in their struggle.

Sources: International Polio Network, Montreal Neurological Hospital Post-Polio Clinic

### Web Sites

**Montreal Neurological Hospital Post-Polio Clinic** offers an online patient handbook on post-polio symptoms and management.

<http://www.mni.mcgill.ca/patients/clinics/>

Montreal Neurological Hospital

Post-Polio Clinic

3801 University Street

Montreal, Quebec

H3A 2B4

Tel: (514) 398-8911

The **Polio Quebec Association** represents the interests of people who have had polio.

[www.polioquebec.org](http://www.polioquebec.org)

C.P. 745  
Succursale Jean-Talon  
Montreal, Quebec, Canada  
H1S 2Z5

**Post-Polio Syndrome Central (PPSC)** features a massive list of links related to polio.

[www.skally.net/ppsc/](http://www.skally.net/ppsc/)

3500 Decarie Blvd.

Suite 263

Montreal, Quebec, Canada

H4A 3J5

Toll Free: 1-877-polio-qc (1-877-765-4672)

In Montreal: 514-489-1143

**Post-Polio Health International** (formerly GINI)

<http://www.post-polio.org/>

Offers information for polio survivors and promotes networking among the post-polio community. Publishes the quarterly Polio Network News, the annual Post-Polio Directory, and The Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors.

4207 Lindell Blvd. #110

St. Louis, MO 63108

Phone: 314-534-0475

The **Post-Polio Institute** provides comprehensive, interdisciplinary evaluation and treatment for Post-Polio Sequelae (PPS) to polio survivors, their families, physicians and therapists.

<http://www.postpolioinfo.com>

**Post-Polio Directory 2007** lets you look up clinics, physicians, support groups and associations which specialize in post-polio syndrome

<http://www.post-polio.org/net/pdirhm.asp> or also available in print

**Post-Polio Health International (PHI)**

4207 Lindell Boulevard, #110

Saint Louis, Missouri 63108-2915 USA

314-534-0475, 314-534-5070 fax

[info@post-polio.org](mailto:info@post-polio.org)

**IVUN Directory: 2007 Resource Directory for Ventilator Assisted Living**

[www.ventusers.org/net/vdirhm.html](http://www.ventusers.org/net/vdirhm.html)

**Post-Polio Health International (PHI)**

4207 Lindell Boulevard, #110

Saint Louis, Missouri 63108-2915 USA

314-534-0475, 314-534-5070 fax

[info@post-polio.org](mailto:info@post-polio.org)

**International Centre for Post-Polio Education and Research**

<http://www.inglewoodhospital.com/medservices.cfm?pageid=198>

350 Engle Street  
Englewood NJ 07631  
201-894-3724

[www.americanhistory.si.edu/polio](http://www.americanhistory.si.edu/polio)

**The Smithsonian's National Museum of American History exhibition "Whatever Happened to Polio?"**

Includes historical photos and a timeline. The exhibition opened on April 12, 2005, to mark the fiftieth anniversary of the announcement that Dr. Jonas Salk's polio vaccine was safe and effective, and closed on September 4, 2006. The Smithsonian Institution is in Washington, DC.

**eMedicine's Post-Polio Syndrome**

<http://www.emedicine.com/pmr/topic110.htm>

**NCPAD's Fact Sheet on Post-Polio**

[http://www.ncpad.org/disability/fact\\_sheet.php?sheet=63&view=all](http://www.ncpad.org/disability/fact_sheet.php?sheet=63&view=all)

NCPAD  
1640 W. Roosevelt Road  
Chicago, IL 60608-6904  
1-800-900-8086 (voice and TTY)

**NCPAD's To Reap the Rewards of Post-Polio Exercise**

[http://www.ncpad.org/disability/fact\\_sheet.php?sheet=136](http://www.ncpad.org/disability/fact_sheet.php?sheet=136)

**NINDS Post-Polio Syndrome**

[http://www.ninds.nih.gov/health\\_and\\_medical/disorders/post\\_polio\\_short.htm](http://www.ninds.nih.gov/health_and_medical/disorders/post_polio_short.htm)

**NINDS Post-Polio Syndrome Fact Sheet**

[http://www.ninds.nih.gov/health\\_and\\_medical/pubs/post-polio.htm](http://www.ninds.nih.gov/health_and_medical/pubs/post-polio.htm)

**Post-Polio Med Web Pages**

<http://www.skally.net/ppmed/>

**WHO Report on Polio Eradication**

<http://www.who.int/whr/2003/chapter4/en/>

**For iron lung replacements or replacement parts:**

[www.post-polio.org/ivun/val\\_18-1h.html#res](http://www.post-polio.org/ivun/val_18-1h.html#res)

Respironics Colorado is putting all iron lung returns through a quality assurance test and then placing them in a rental pool for emergency use.

## Chat Rooms

Yahoo Chat Group on Post-Polio

<http://groups.yahoo.com/group/postpolio/>

## Magazines/Newsletters

**Post-Polio Health** newsletter is a quarterly newsletter.

<http://www.post-polio.org/ipn/ipn-news.html>

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click the Lending Library tab.

## Books

- Acosta, Virginia Lee Counterman. **Polio Tragedy of 1941**. Bloomington, IN: 1<sup>st</sup> Books Library, 1999.  
Written for children.
- Alexander, Marc. **The Dance Goes On: The Life and Art of Elizabeth Twistington Higgins**. Kingsley, England: Leader Books Ltd., 1980.  
A biography of Higgins who was a ballerina until polio left her in an iron lung. She became a mouth painter and ballet choreographer.
- Axtell, Agnes V. **A Polio Memoir**. Martinsville, Ind.: Bookman Publishing and Marketing, 2004. A biography of her husband Bob's bout with polio while an Army Captain.
- Baber, Carolyn Stonnell. **Little Billy**. Hollidaysburg, Penn.: Jason & Nordic Publishers, 1995. Children's fiction. Danny, recovering from polio in the 1940s, focuses on training a mustang named Little Billy.
- Baker, Beryl K. **Nana Needs a Nap**. Barrie, Ontario, Canada: Baker, 2002.  
Baker wrote the book to explain to her grandchildren what PPS is.
- Ballardo, Victoria M. **Count Me Among the Living: The Story of My Wheelchair Liberation**. Smithtown, NY: Exposition Press, 1983.  
Autobiography.

- Banister, Betty. **Trapped: A Polio Victim's Fight for Life.** Saskatoon, Saskatchewan: Western Producer Prairie Books, 1975.
- Bazzett, Timothy James. **Love, War & Polio: The Life and Times of Young Bill Porteous.** Reed City, Mich.: Rathole Books, 2007.
- Beisser, Arnold, Dr. **Flying Without Wings: Personal Reflections on Loss, Disability, and Healing.** New York: Bantam Books, 1990.  
Beisser contracted polio at the age of 24 after just completing a medical degree and becoming a nationally ranked tennis player.
- Berg, Elizabeth. **We Are All Welcome Here: A Novel.** New York: Random House, 2006. Fiction. The main character's mother has polio and is a vent user.
- Black, Kathryn. **In the Shadow of Polio: A Personal and Social History.** Reading, MA: Addison-Wesley, 1996.  
Black's mother was stricken with polio in 1954.
- Blomstedt, Lucinda L. **The Bittersweet Pain of Polio: Amidst Never Ending Controversies.** Coral Springs, Fla.: Llumina Press, 2006.
- Braun, Eric. **Wilma Rudolph.** Mankato, Minn.: Capstone Press, 2006. (Pebble Books/First Biographies). For very young children. Olympic track star Wilma Rudolph had polio as a child.
- Brookes, Tim. **The End of Polio? Behind the Scenes of the Campaign to Vaccinate Every Child on the Planet.** Washington, DC: American Public Health Association, 2007.
- Bruno, Richard L. **The Polio Paradox: What You Need to Know: Uncovering the Hidden History of Polio to Understand and Treat "Post-Polio Syndrome" and Chronic Fatigue.** New York: Warner Books, 2002.
- Chaconas, Dori. **Dancing with Katya.** Atlanta: Peachtree Publishers, 2006. Children's book. Katya's sister Ana thinks of a new way for Katya to dance with her after she contracts polio.
- Clarke, Joan. **All on One Good Dancing Leg.** Sydney, NSW: Hale & Iremonger, 1994. Autobiography of Australian Clarke.
- Cohn, Victor. **Sister Kenny: The Woman Who Challenged The Doctors.** Minneapolis, MN: University of Minneapolis Press, 1975.
- Crofford, Emily. **Healing Warrior: A Story About Sister Elizabeth Kenny.** Minneapolis, MN: Carolrhoda Books, Inc., 1989.

- Cross, Virgil S. **The Grey Filly**. Manassas, Va.: E.M. Press, Inc., 1995.  
Cross's wife, Ethel, has polio.
- Davis, Fred. **Passage Through Crisis: Polio Victims and Their Families**. New Brunswick, NJ: Transaction Publishers, 1991.
- Dille, Jeane L. Curey. **Polio: A Dose Of The Refiner's Fire: Surviving Polio**. Bloomington, IN: Author House, 2005.
- **Diseases and People: Polio**. Alvin & Virginia Silverstein and Laura Silverstein Nunn, editors. Berkley Heights, NJ: Enslow Publishers, 2001.  
For grade school children.
- Durand, John. **Behind Enemy Lines: A Memoir**. Elkhorn, WI: Puzzlebox Press, 2006.
- **Epidemics: Deadly Diseases Throughout History—Polio**. New York: Rosen Publishing Group, 2001.
- **Exploring the Role of Antiviral Drugs in the Eradication of Polio: Workshop Report**. Washington, DC: National Research Council, 2006.
- Finger, Anne. **Elegy for a Disease: A Personal and Cultural History of Polio**. New York: St. Martin's Press, 2006.
- Foster, Valerie J. **Polio's Playground**. Bloomington, Ind.: AuthorHouse, 2006.
- Galbally, Rhonda. **Just Passions: The Personal is Political**. New Melbourne, Australia: Pluto Press, 2004. Biography
- Gallagher, Hugh Greory. **Black Bird Fly Away: Disabled in an Able-Bodied World**. Arlington, VA: Vandamere Press, 1998.  
A collection of his essays and writings. The author recounts his bout with polio.
- Gallagher, Hugh Gregory. **FDR's Splendid Deception**. Arlington, VA: Vandamere Press, 1999.  
Gallagher documents President Roosevelt's polio and his efforts to minimize its effects in public.
- Gallagher, Hugh Gregory. **Nothing To Fear: FDR In Photographs**. Clearwater, FL: Vandamere Press, 2001.
- Garel, Fred. **Lighting the Lamps**. Xlibris, 2002.  
Biography of growing up poor and with polio in NYC in the 20s and 30s.
- Giff, Patricia Reilly. **All the Way Home**. New York: Delacorte Press 2001.  
Mariel tries to learn the truth about her past which includes a bout with polio. Fiction.

- Goldberg, Richard Thayer. **The Making of Franklin D. Roosevelt: Triumph Over Disability.** Cambridge, MA: Abt Books, 1981.
- Greene, Carol. **Margarete Steiff: Toy Maker.** (A Rookie Biography) Chicago, IL: Children's Press, 1993.  
A children's biography of the German toy maker, who contracted polio at 18 months, whose company became famous for its teddy bears.
- Gould, Jean. **A Good Fight: The Story of FDR's Conquest of Polio.** New York: Dodd, Mead & Co., 1960.
- Gould, Tony. **A Summer Plague: Polio and its Survivors.** New Haven, CT: Yale University Press, 1995.  
A historical account of polio in the U.S.
- Hall, Robert F. **Through the Storm: A Polio Story.** St. Cloud, MN: North Star Press, 1990.  
A biography of Hall.
- Halstead, Lauro S., M.D. **Managing Post-Polio: A Guide to Living with Post-Polio Syndrome.** Arlington, VA: ABI Professional Publications, 1998.
- Halstead, Lauro S., M.D. and Gunnar Grimby, M.D. **Post-Polio Syndrome.** Philadelphia: Hanley & Belfus, 1995.
- Hambrick, Sharon. **Tommy's Race.** Greenville, South Carolina: Journey Forth, 2004.  
Tommy makes friends with a wheelchair user named William. They try to raise money to buy a wheelchair for an African boy with polio.
- **Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors.** Frederick M. Maynard, M.D. and Joan L. Headley, M.S. editors. St. Louis, MO: Gazette International Networking Institute, 1999.
- Hankins, Gerald W. **Rolling On: The Story of the Amazing Gary McPherson.** Edmonton, Alberta, Canada: University of Alberta Press, 2003.  
A polio survivor since the age of nine, McPherson has served on the Canadian Premier's Council on the Status of Persons with Disabilities.
- Hawksford, Diane Zemke. **Polio: A Special Ride?** Minnetonka, MN: Diagnostic Center of Learning Patterns, 1997.  
Hawksford is a nurse who recalls her brother's polio.
- Hecht, Alan. **Deadly Diseases and Epidemics: Polio.** Philadelphia: Chelsea House Publishers, 2003.

- Higgins, Elizabeth Twistington. **Still Life: The Story of a Struggle with Disablement.** London, England: A.R. Mowbray & Co. Ltd, 1970.  
Higgins' autobiography details her career as a ballerina and then her life in an iron lung after she contracted polio.
- Hogans, Tillie. **God's Miracles in My Life.** 1<sup>st</sup> Books, 2003.  
Paralyzed at two, Hogans developed her relationship with God.
- Hostetter, Joyce Moyer. **Blue.** Honesdale, Penn.: Boyds Mill Press, 2006. Fiction.
- Hostetter, Joyce Moyer. **Comfort.** Honesdale, Penn.: Calkins Creek, 2009. Fiction
- Houck, Davis W. and Amos Kiewe. **FDR's Body Politics: The Rhetoric of Disability.** College Station, TX: Texas A&M University Press, 2003.
- Irvin, Cass. **Home Bound: Growing Up with a Disability in America.** Philadelphia: Temple University Press, 2004.
- Johnston, Julie. **Hero of Lesser Causes.** Toronto, Ontario, Canada: Tundra Books, 2003.  
Keely is devastated when her older brother Patrick is paralyzed by polio and starts a campaign to reawaken his waning interest in life.
- Jones, James A. with Peggy L. Jenkins. **Just Another Bump.** Hazelwood, MO: Word Aflame Press, 2002.  
Jones contracted polio at the age of four and later became a pastor.
- Kane, William J. **Let Yourself Be Loved: The Life and Letters of Will Jenks.** Saint Paul, MN: Syren Book Co., 2004.  
Jenks became a quadriplegic as a result of polio in 1951.
- Kehret, Peg. **Small Steps: The Year I Got Polio.** Morton Grove, IL: Albert Whitman & Co., 1996.  
Kehret's account of contracting polio at the age of 12.
- Klopping, Kent. **The Upside of the Downside: Journeys with a Companion Called Polio.** Tucson, Ariz.: Wheatmark, 2006.
- Kluger, Jeffrey. **Splendid Solution: Jonas Salk And The Conquest Of Polio.** New York, NY: G.P. Putnam's Sons, 2004.
- Kluger, Jeffrey. **Splendid Solution: Jonas Salk and the Conquest of Polio.** Tantor, 2005. Read by Michael Prichard. Unabridged **audiobook.** 11 audioCDs.
- Kriegel, Leonard. **Falling into Life.** San Francisco: North Point Press, 1991.  
Essays on life growing up with polio.

- Kriegel, Leonard. **Flying Solo: Reimagining Manhood, Courage, and Loss.** Boston: Beacon Press, 1998.  
Kriegel writes about life as a man who lost the use of his legs to polio.
- Krull, Kathleen. **Wilma Unlimited: How Wilma Rudolph Became the World's Fastest Woman.** Orlando: Voyager Books, 1996.  
Children's book about Olympian Wilma Rudolph who had polio as a child.
- Lake, Louise. **Each Day A Bonus: Twenty-five Courageous Years in a Wheelchair.** Salt Lake City, UT: Deseret Book Co., 1971.
- Lawrence, Marjorie. **Interrupted Melody: The Story of My Life.** New York: Appleton Century Crofts, 1949. Autobiography of opera singer.
- Lindell, John Earl and Ethel Brooks Lindell. **Oh God, Help Me! For I Cannot Help Myself: A True Story of Faith in the Life of a Polio Survivor.** 1988. Published by the authors.
- Malizia, Alan A. **The Little Red Chair.** Bloomington, IN: AuthorHouse, 2004.
- Mason, Martha. **Breath: Life in the Rhythm of an Iron Lung—A Memoir.** Asheboro, NC: Down Home Press, 2003.
- Mason, Mary Grimley. **Life Prints: A Memoir of Healing and Discovery.** New York: The Feminist Press, 1999.  
Mason was the nation's first poster child for polio. She became a scholar specializing in women's autobiography.
- Mauro, Robert. **Sucking Air, Doing Wheelies: Memoirs Of A Fifties Polio Survivor.** Baltimore: Publish America, 2005.
- Maus, Richard. **Lucky One: Making it Past Polio and Despair.** Northfield, Minn.: Anterior Publishing, 2006.
- McDonnell, Joan. **A Spring in My Step.** Doughcloyne, Ireland: Collins Press, 2004.
- Meagher, Joseph William. **Broken Yesterdays: A Memoir.** Xlibris, 2003.
- Mee, Charles L. **A Nearly Normal Life.** Boston: Little, Brown and Co., 1999.  
Mee's memoirs of growing up with polio in the 1950s.
- Morgart, Marie. **Abandoned Child.** Virginia Beach, Va.: Cornerstone Publishing, 1995. Autobiography.
- Morris, Joan Elizabeth. **Polio & Me, Now & Then: Now Is 2004 – Then Was 1942.** Bloomington, IN: AuthorHouse, 2004.

- Naden, Corrine and Rose Blue. **Jonas Salk: Polio Pioneer.** Brookfield, CT: The Millbrook Press, 2001.
- Nichols, Janice Flood. **Twin Voices: A Memoir of Polio, the Forgotten Killer.** New York: iUniverse, 2007.  
Nichols lost her twin brother to polio and suffered temporary paralysis from it herself.
- O'Brien, Mark with Gillian Kendall. **How I Became a Human Being: A Disabled Man's Quest for Independence.** Madison, WI: University of Wisconsin Press, 2003.
- O'Brien, Roxann Gump. **Orchid's Bloom.** Rondell Glenn Publishing, 2005.
- **The Official Patient's Sourcebook on Post-Polio Syndrome.** San Diego, Calif.: ICON Healthcare, 2003.
- Offit, Paul A. **The Cutter Incident: How America's First Polio Vaccine Led To The Growing Crisis.** New Haven, CT: Yale University Press, 2005.
- Oppenheim, Garrett, Ph.D. **The Golden Handicap: A Spiritual Quest.** Virginia Beach, VA: A.R.E. Press, 1993.  
Biography of a person with polio who turns his life around and becomes a therapist.
- Oshinsky, David, M. **Polio: An American Story: The Crusade That Mobilized the Nation Against the 20<sup>th</sup> Century's Most Feared Disease.** New York, NY: Oxford University Press, Inc, 2005.
- Ostenso, Martha. **And They Shall Walk: The Life Story Of Sister Elizabeth Kenny.** New York, NY: Dodd, Mead & Company, 1960.
- **A Paralyzing Fear: The Triumph Over Polio in America.** Nina Gilden Seavey, Jane S. Smith, Paul Wagner, editors. New York: TV Books, 1998.  
There is a video of the same name.
- Parks, Peggy. **Jonas Salk: Polio Vaccine Pioneer.** San Diego, CA: Blackbirch Press, 2004.
- Payne, Holly. **The Virgin's Knot.** New York: Plume, 2002. Fiction
- Pearson, Robert. **I Didn't Want To Be a Bother: The Incredible Story of Proctor Ritchie.** Bellevue, ID: Wood River Publishing, 2001.
- Peters, Stephanie True. **Epidemic! The Battle Against Polio.** New York: Benchmark Books, 2005.
- Phelan, T.H. **See Tommy Run: Life on Polio Hill.** Xlibris, 2001.

Phelan's biography of life with polio.

- **Polio.** Thomas M. Daniel and Frederick C. Robbins, editors. Rochester, NY: University of Rochester Press, 1997.  
A collection of essays.
- Presley, Gary. **Seven Wheelchairs: A Life Beyond Polio.** Iowa City: University of Iowa Press, 2008.  
Biography.
- Range, Jerry A. **Cripple: The Story of an American Journey.** Xlibris, 2004.
- Rogers, Naomi. **Dirt and Disease: Polio Before FDR.** New Brunswick, N.J: Rutgers University Press, 1992.
- Rotelli, Richard L. **A Creative Odyssey: The Story of Floyd and Richie.** Haverford, PA: Infinity Publishing, 2001.  
Floyd was left with the use of one arm when polio struck him at the age of 21.
- Rudolph, Mimi. **Inside the Iron Lung.** Abbotsbrook, Bourne End, Buckinghamshire: Kensal Press, 1984.
- Sass, Edmund J. **Polio's Legacy: An Oral History.** New York: University Press of America, 1996.  
Sass recorded the personal stories of individuals.
- Schulenberg, Lawrence J. **To Catch the Snowflakes.** Baltimore: PublishAmerica, 2003.  
Memoir of a polio survivor.
- Serotte, Brenda. **The Fortune Teller's Kiss.** Lincoln, Neb.: University of Nebraska Press, 2006.
- Seytre, Bernard and Mary Schaffer. **The Death Of A Disease: A History Of The Eradication Of Poliomyelitis.** New Brunswick, NJ: Rutgers University Press, 2005.
- Shell, Marc. **Polio And Its Aftermath: The Paralysis of Culture.** Cambridge, MA: Harvard University Press, 2005.
- Sherrow, Victoria. **Polio Epidemic: Crippling Virus Outbreak.** Berkeley Heights, NJ: Enslow Publishers, 2001.  
For children.
- Sherrow, Victoria. **Wilma Rudolph.** Minneapolis, Minn.: Carolrhoda Books, Inc., 2000.  
On My Own Biography series. Biography for children.

- Shreve, Susan Richards. **Warm Springs: Traces of a Childhood at FDR's Polio Haven.** Houghton Mifflin Co., Boston, 2007.
- Silver, Julie K. and Anne C. Gawne. **Postpolio Syndrome.** Philadelphia, PA: Hanley & Belfus, 2004.
- Silver, Julie K., and Daniel Wilson. **Polio Voices: An Oral History from the American Polio Epidemics and Worldwide Eradication Efforts.** Westport, Conn.: Praeger, 2007.
- Silver, Julie K., **Post-Polio Syndrome: A Guide for Polio Survivors and Their Families.** New Haven, CT: Yale University Press, 2001.
- Sink, Alice E. **The Grit Behind the Miracle.** Lanham, NY: University Press of America, 1998.  
The true story of a camp turned into an emergency polio hospital in 1944 in Hickory, North Carolina.
- Skinner, Georja. **The Christmas House: How One Man's Dream Changed The Way We Celebrate Christmas.** Novato, CA: New World Library, 2005.
- Stearns, Rose Mary Schipman. **What It Is To Walk: Henry Schipman's Story.** Santa Fe, NM: Rose Mary Stearns, 1995.
- Sternburg Louis, Dorothy Sternburg with Monica Dickens. **View From The SeeSaw.** New York, N.Y: Dodd, Mead and Company, 1986.
- **A Summer Without Children: An Oral History of Wythe County, Virginia's 1950 Polio Epidemic.** Wyethville, Va.: Town of Wyethville Department of Museums, 2005.
- Tanceusz, Adam J. **Betty Jane: A Remarkable Lady.** Baltimore: PublishAmerica, 2005.
- Thomas, Dawn C. **Pablito's New Feet.** Philadelphia: J.B. Lippincott, 1973.  
Pablito contracted polio when he was seven and lived in Puerto Rico. He has an operation to help him walk again. (fiction)
- Thomas, Henry. **Sister Elizabeth Kenny.** New York, NY: G.P. Putnam's Sons, 1958.
- Thwaites, Peter. **Come Smile with Me: From the Heart of a Polio Survivor.** 1stbooks, 2003.  
Autobiography of a British polio survivor.
- **Walking Fingers: The Story of Polio and Those Who Lived With It.** Edited by Sally Aitken, Helen D'Orazio and Stewart Valin. Montreal: Vehicule Press, 2004.
- Weaver, Lydia. **Close to Home: The Story of the Polio Epidemic.** New York: Puffin Books, 1993.

Fiction for children.

- White, B. Eureath. **Memoirs of a Quadruped: An Autobiography**. Louisville, Ky.: Harmony House Publishers, 2005.
- Williams, Daniel R. **Keep Smiling and Never Give Up!** Bloomington, IN: 1<sup>st</sup> Books Library, 2002.  
Biography of a person who survived polio for 44 years. He was married and the father of one child.
- Wilson, Daniel, J. **Living With Polio: The Epidemic And Its Survivors**. Chicago, IL: The University Press of Chicago, 2005.
- Wilson, Daniel, J. **Polio (Biographies of Disease)**. Santa Barbara, Calif.: ABC-CLIO, 2009.
- Woods, Regina. **Tales From Inside the Iron Lung (And How I Got Out of It)**. Philadelphia, PA: University of Pennsylvania Press, 1994.
- Wooten, Heather Green. **The Polio Years in Texas: Battling a Terrifying Unknown**. College Station, Texas: Texas A&M University Press, 2009.
- Youdath, Raymond. **50 Years of Miracles and Adventures**. Baltimore: PublishAmerica, 2006.

### Videos

- **Breathing Lessons: The Life and Work of Mark O'Brien**. Fanlight Productions, 1996. 35 minutes.  
An Academy Award winner for Best Short Documentary. Covers O'Brien's life in an iron lung.
- **Coming to Terms**. New York: Cinema Guild. 1990 57 minutes.  
Profiles writer Hugh Gallagher.
- **The Doctor is In...Polio and Postpolio Syndrome**. Princeton, NJ: Films for the Humanities & Sciences, 1993. 28 minutes.
- **Eleanor and Franklin: Double Feature The Early Years and The White House Years**. HBO, 1997. 2-disc set DVD. 204 minutes and 156 minutes.
- **FDR: American Experience**. PBS Home Video, 2006, 1994. DVD 2 disk-set
- **A Fight to the Finish: Stories of Polio**. Texas: KERA, 1999. 56 minutes 45 seconds.  
Presented by Texas Scottish Rite Hospital for Children and Ken Mandel Productions.

- **Horace Parlan by Horace Parlan.** Chatsworth, Calif.: Image Entertainment, 2000. 58 min. DVD  
Parlan is a jazz musician whose childhood polio restricts the use of his right side.
- **In Search of the Polio Vaccine.** A&E Television Networks, Inc. DVD: 50 minutes.  
Modern Marvels series: The History Channel.
- **Interrupted Melody.** Santa Monica, CA: Turner Entertainment Company, 1955. 1 Hour 46 Minutes.  
Dramatization of opera singer Marjorie Lawrence's life.
- **Just the Way You Are.** MGM, 1981. VHS 96 minutes. A romantic comedy that stars Kristy McNichol as a person with polio who uses a leg brace.
- **The Last Child: The Global Race to End Polio.** Oley, PA: Bull Frog Films, 2004. 56 minutes. Available in VHS and DVD.
- **The Life and Times of Frida Kahlo.** Daylight Films, Distributed by PBS, 2004. DVD 90 minutes.
- **Modern Marvels: Polio Vaccine.** The History Channel. New York: A&E Television, 1997. 50 minutes.
- **A Paralyzing Fear: The Story of Polio in America.** PBS Home Video, 1998. 89 minutes. Available in VHS and DVD.
- **The Polio Crusade.** PBS Home Video, 2009. DVD 60 minutes.
- **Post Polio Water Work.** 2005. DVD can be ordered from [www.maryessert.com](http://www.maryessert.com)
- **Ride a Wild Pony.** Walt Disney Home Video, 86 minutes. VHS Drama. The character of the little girl featured is a polio survivor.
- **The Science of Hope: Jonas Salk.** Princeton, NJ: Films for the Humanities and Sciences, 1994. DVD and VHS 30 minutes.
- **Sister Kenny.** Turner Entertainment, 1990. 116 minutes
- **A Very Long Engagement.** Warner Brothers. 133 minutes DVD in French with English subtitles.  
The main character has polio and at times uses a wheelchair.
- **Warm Springs.** HBO Films 2005. 120 minutes: DVD. Stars Kenneth Branagh as FDR and Cynthia Nixon as Eleanor Roosevelt.

- **Wilma: The True Story of One of America's Greatest Olympic Athletes.** S'More Entertainment, 1997. DVD 147 minutes. Wilma Rudolph had polio as a child.
- **A World Without Polio.** Princeton, NJ: Films for the Humanities & Sciences, 2005. DVD and VHS. 54 minutes.

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**