

## Peer Support

Many people find it is helpful to be able to share experiences and learn from others who had polio.

Become a member of Polio New Zealand to receive useful information via email or post and be part of discussions on Polio related topics.

## Facebook Group

The Facebook group shares information on things like polio eradication, the late effects of polio, disability support and upcoming events.

 Polio New Zealand

## Connect with us

Register: [www.polio.org.nz](http://www.polio.org.nz)

Phone: 0800 476 54

Email: [president@polio.org.nz](mailto:president@polio.org.nz)



Polio NZ is an incorporated society, dedicated to supporting people who have had poliomyelitis. We seek to connect people with useful information, build collaborative relationships with health professionals, and advocate for the needs of people with polio.

Our aim is for polio survivors to live life with independence and to the full.



[www.polio.org.nz](http://www.polio.org.nz)  
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Are you a survivor  
of Polio?



Information & support for people living with the effects of Polio.



# The Late Effects of Polio

An increasing number of people who had polio are developing a new range of symptoms years after originally contracting the condition. These new symptoms can be debilitating but can be reduced if properly assessed and well managed.

## Symptoms of the Late Effects of Polio

Symptoms vary widely in range and severity, with each polio survivor having a unique set.

However, common symptoms include:

- Chronic fatigue
- Muscle and/or joint pain
- Muscle weakness and deterioration
- Muscle spasms / twitching
- Respiratory problems
- Sleeping problems
- Swallowing and speech difficulties
- Intolerance to heat and cold

Find out more at [www.polio.org.nz](http://www.polio.org.nz)



## Who may experience the Late Effects of Polio?

New Zealand is now free of new cases of polio as a result of immunisation. Most of those affected by the Late Effects of Polio are now over age 60 although they may have begun experiencing symptoms more than 20 years ago. Migrants from countries where polio has been eradicated more recently have led to a younger cohort of people who may suffer the Late Effects of Polio.

## How are the Late Effects of Polio diagnosed?

You know your own body and are the expert in your own life. If you have noticed some of the symptoms a good place to start is with a conversation with your doctor to explore whether you may be experiencing the Late Effects of Polio: **"I've noticed some symptoms which I think may be related to the Late Effects of Polio. What do you think?..."**

If after your conversation with your doctor you believe polio is affecting your health and wellbeing at this stage of your life, the next step is to be fully assessed by health professionals that have been trained in the Late Effects of Polio. The Duncan Foundation provides specialist clinics on the Late Effects of Polio.

## What treatments are there for the Late Effects of Polio?

There is no cure for the Late Effects of Polio, but there are treatments and approaches that can ease the symptoms. Each management plan will be specific to the individual, and may include recommended exercise to control the wastage or overuse of muscles, walking aids, pain management or lifestyle changes.



## Support Clinics

The Duncan Foundation, a national support service for people living with neuromuscular conditions and the health professionals who treat and support them, has a long history of supporting survivors of polio to live to their maximum physical potential. Members of Polio NZ Incorporated are generously funded by The Duncan Foundation to receive an initial assessment and possible follow up session with a qualified physiotherapist. Currently there are three accredited clinics providing funded services to people living with the Late Effects of Polio, located in Auckland, Rotorua and Christchurch.