



**Polio SA**  
**NEWSLETTER**

**From the President**

**Dear Members,**

**It's been long time no hear hasn't it! Polio SA Board has had to face one problem after another to stabilise the Agency.**

**As by now you would have heard of the sad loss of Peter, our treasurer and long term member of the Board, with his loss we have had to re- establish ourselves with the Banks and meet our debts.**

**That has taken a good while to sort out as I am sure you can all imagine, but the good news is we are almost on top of it and will**

**have just one bank account to deal with, many thanks to Ron for helping out with dealing with the Bureaucracy of Banks.**

**Our Community Development Officer Helen, has become very ill and is fighting an aggressive cancer, so much so she has had to retire and is now involved in on going medical support, our thoughts and love are with her, if you like to drop her a note send it to our new address and we will pass it on .**

**We have had to take our time to seek Helen's replacement, we are happy to say the Lauren Russell, is on a 3 month probation with an offer of one year contract at the end of the period (I have got her to jot down a few points about herself and her family later ) but if things hadn't got worst ,Lauren has had to respond to meeting our funding bodies yearly requirement, sort out our membership .**

**The Board were informed that the building we rent is to be knocked down for the new South Road development, so Lauren is now trying to get together all our gear, and move**

**out of Hilton, which means getting A NEW POSTAL ADDRESS for membership renewals !! she has had to buy a new phone as the old one gave up the ghost, additionally Lauren needs to update our web site, happy days !**

**As you may well know POLIO SA has discontinued it's vouchers for Hydro at the end of last years funding , and we are now concentrating on developing an INFORMATION and RESOURCE agency, if you listen to 5Double A AA, you will hear POLIO SA promoting people with Polio to contact us if they need information or support, the advert is on 3 times a day for 6 months and has either a phone number or web address to contact, additionally we hope to increase the Newsletter posting to you with any new information that will help our members.**

**Also we hope to target specific local rural radio's and newspapers as funds become available..... (so DONATIONS WOULD BE MOST WELCOME !!) Pleasing to note that we have already had contact from members of**

**the public after one week .**

**The Board hopes to have our act together enough for an AGM in late November, we would really love to have a few more Board Members to apply . So in summary it has been a whirlpool of a 6 months but the Sun seems to breaking through and POLIO SA is once more moving on, don't forget to renew your membership.**

**Take care**

**Kyp**

**President**

**1/8/2023**

**Polio**

**Sa**

## **Goodbye and best wishes to Helen Leach**

As many of you know by now, Helen had to unexpectedly and promptly retire from her much beloved role as our community officer, due to a very rare case of leukemia.

To date (17 August 2023), Helen has had her stem cell transfer and is in hospital recovering.

We send her all our best wishes, but if you have anything you would personally like to say, do get in touch with our new community officer Lauren, who will be sure to pass on your message.

## Hello from Lauren

Hello everyone !

My name is Lauren, and I moved over to Adelaide in November 2022 when I was 34 weeks pregnant!

Some facts about me?

- I've played piano for 17 years
- I was an accountant in the UK
- I now have my own crochet business, where I crochet soft toys, design and also create my own crochet patterns.

I have 2 daughters Maia (3) and Indie (7 months). I'm originally from the Black Country (West Midlands) - those that know it will know why we moved!

My husband Tyler is a carpenter and works very long hours!

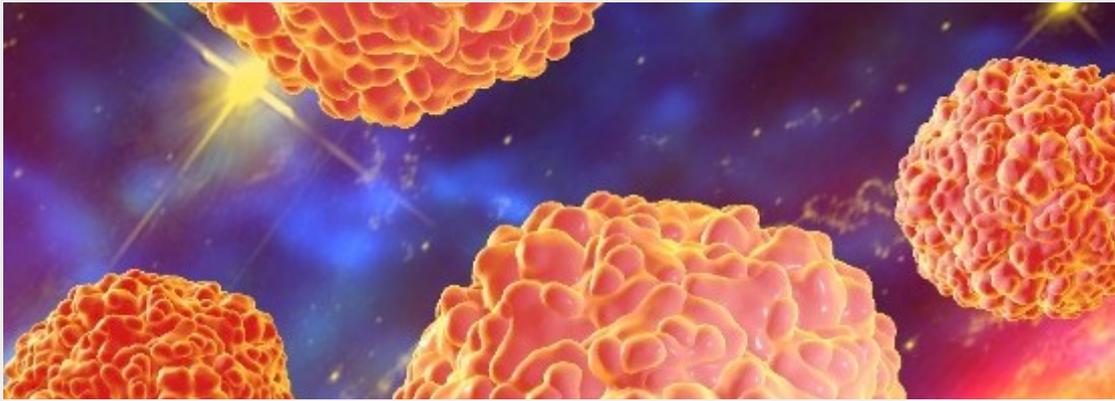
I hope to speak to you all soon!

Please bare with me with phone calls, we are getting a fair few with 5aa advertisement so do leave a message, or feel free to text or email !

Speak soon!!

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## What are the long-term side effects of post-polio syndrome?

- Slowly progressive muscle weakness.
- Fatigue.
- A gradual decrease in the size of muscles (muscle atrophy)
- Loss of muscle function.
- Pain from joint degeneration.
- Increasing skeletal issues such as curvature of the spine (scoliosis)

National Institute of Neurological Disorders and Stroke  
Published 13 March 2023



## Riddle me this

1. I have branches, but no fruit, trunk or leaves. What am I?
2. What goes up and down but doesn't move?
3. I am an odd number. Take away a letter and I become even. What number am I?
4. Mary has four daughters, and each of her daughters has a brother. How many children does Mary have?
5. Two fathers and two sons are in a car, yet there are only three people in the car. How?
6. A word I know, six letters it contains, remove one letter and 12 remains. What is it?
7. What is so fragile that saying its name breaks it?
8. What can fill a room but takes up no space?
9. What goes through cities and fields, but never moves?
10. I have lakes with no water, mountains with no stone and cities with no buildings. What am I?



## New Advances?

The Guardian

Published 18/08/2023

### New technique cuts time to detect polio in half, study finds

Outbreaks may be addressed sooner by avoiding need for sending stool samples abroad

Polio could be detected in wastewater in half the time using a new technique, helping public health authorities to respond quickly to deadly outbreaks, a study has found.

The research in the Democratic Republic of the Congo (DRC), supported by the UK's Medicines and Healthcare Products Regulatory Agency (MHRA), represents the first time that (DDNS) has been used to detect polio, reducing the average testing time from 42 to 23 days, with an accuracy rate exceeding 99%.

Alex Shaw, a research fellow at the School of Public Health at Imperial College London, who was the lead author of study, said: "This method allows the rapid confirmation of polio strains, facilitating swifter vaccine responses that can reduce the number of polio cases stemming from an outbreak."

The method can be adapted for detecting various pathogens, laying the groundwork for broader disease surveillance, he said.

Lag time in detection and testing, as well as a waning of vaccination rates, have hindered global polio eradication initiatives. Typically, stool samples from regions with polio outbreaks have to be transported globally for

extensive lab tests, Shaw said. However, using the DDNS method, samples can be tested in the country of origin. This cuts down detection time by 19 days on average. Similar sequencing methods have been used before for Ebola, measles and mpox, the disease formerly known as monkeypox.

Javier Martin, the principal scientist in virology at the MHRA, said: “We are standing at a delicate and pivotal moment for the eradication of polio. While vaccination programmes have seen polio disappear in many countries, the delayed detection of outbreaks poses a major threat to those efforts. Expanding the DDNS technique globally, as we have done in the DRC and we are doing in several other countries, would greatly contribute to the completion of global polio eradication.”

Researchers also tested this technique in the UK when type 2 poliovirus was detected in London sewage between February and July 2022, triggering the [polio catchup vaccination campaign](#) for children under the age of 12.

Shaw said: “The past four decades, the world has made significant strides towards eradicating polio. However, challenges like decreasing immunity in high-risk regions and delayed surveillance threaten this global health achievement. The virus has emerged in areas considered safe, such as London, New York and Israel. To combat the virus, we need rapid detection, effective vaccine responses, and maintained high vaccine coverage worldwide.”

He stressed the need for further DDNS validation and greater investment in technology transfer in low- and middle-income countries.

Prof Placide Mbala-Kingebeni, a medical doctor and virologist at DRC’s Institut National de Recherche Biomédicale, said: “Collaboration and training with our partners has empowered the local team not only to master and confidently carry out this new technique but also to transfer the knowledge and skills to other African countries where poliovirus outbreaks are reported regularly.”

Although scientific techniques such as DDNS alone cannot eliminate polio, Shaw said they were instrumental in outbreak management together with comprehensive vaccination strategies.

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## Stories from our 5aa listeners

I believe I had polio at the age of about one-and-a-half. Obviously I can't remember much about it. I didn't need to have callipers, but I still have the little boots that I had to wear. My parents have passed away so I can't ask them about it. But one of my mum's friends that we still see said that I had just started to walk, and suddenly I couldn't walk. She wasn't sure whether it was polio or not, but I can remember my mum and dad saying it was, and my dad crying while looking at my little boots later in my life. I believe I was at the Children's Hospital for some of the time; which I guess was 1954. (Julie)



## **Our sincere condolences Michael**

Vale Michael Evans

Polio SA acknowledges the passing of a long time supporter of Post Polio especially through Polio Aust.

Michael's funeral service was conducted at St Columba's Anglican church in Hawthorn on Thursday 27 th July.

Michael has lived a very full and active life despite the rigors of scoliosis as a result of Polio. A man of great intellect and understanding. Small in stature, large in life.

Polio SA extends sincere condolences to the family- Rachel Anne , wife of 52

years and their children Kit and Chris.



**SAVE THE DATE**

Hello Everyone! Please mark your calendars for the week beginning from the 13<sup>th</sup> of November 2023

because Polio Australia in collaboration with Polio SA is organising 5 free community information

sessions on Late Effects of Polio in Mount Gambier, Christies Beach, Wyalla, Port Pirie, and Murray

Bridge, respectively. Topics to be covered are:

- Current Information on Late Effects of Polio
- Self-Management Strategies
- How to Get the Best Out of Your Healthcare Team

More details to follow soon!



## Riddle answers

1. A bank
2. A staircase
3. Seven
4. Five—each daughter has the same brother.
5. They are a grandfather, father and son.
6. Dozens
7. Silence

8. Light

9. A road

10. A map

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## Newsletter contributions

Do you have a story to share? Write a letter to the editor.

Articles can be sent to us via email or post.



[poliosa.office@gmail.com](mailto:poliosa.office@gmail.com)



To the editor, Polio SA, PO Box 11, Flinders University, 5042

Articles for the next issue are due to the editor by **Thursday 16th November**.

## Memberships

If you're a polio survivor, for just \$20 per year you'll get access to:

- invitations to events run by Polio SA where information relevant to post polio syndrome and rehabilitation can be learned
- opportunities to receive funds to attend external events related to polio and rehabilitation, such as conferences and wellness retreats
- booklets with helpful information that can help manage post polio syndrome symptoms
- a quarterly newsletter and regular email updates containing information that can help you

Our new details are:

BSB: 105-146

Account Number: 026 957 640

Please email your name, number and address to Lauren so we can keep our system up to date.

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## Polio SA Inc office

**We love hearing from our members.**

Whether you have post-polio symptoms or if you require information, call us on:

**0466 893 402** 

Please keep in mind that our office hours are currently unpredictable. If you wish to visit our office, please telephone ahead. Our office phone is currently redirected to a committee member.

