What Is Post-Polio Syndrome (PPS)?
Post-Polio Syndrome (PPS) is a neurological disorder that affects up to 60 per cent of the estimated 650,000 individuals who recovered from paralytic polio 50 or more years ago. It is believed by many researchers to be caused by the gradual loss of nerve cells damaged by the polio virus after decades of overuse. In New Jersey, there are an estimated 30,000 polio survivors.

What Are the Most Common Symptoms of PPS?
- Fatigue, often overwhelming
- New muscle weakness
- Pain, especially in muscles and joints
- New breathing and swallowing difficulties
- Cold intolerance
- Sleep disturbance

What Can You Do to Minimize PPS?
- Get periodic evaluations and proper therapy from health care professionals who know about PPS.
- Learn to pace yourself.
- Listen to your body. Stop an activity when you begin to experience fatigue, weakness, or pain.
- Set priorities and do only what is important.
- Take a 15-to-30-minute rest break several times a day.
- Eat a sensible diet and watch calorie intake. Extra weight causes problems for weakened muscles.
- Get adequate sleep.
- Learn to manage stress.
- Use assistive devices, such as crutches and braces; consider a scooter or wheelchair to make mobility easier and to enhance your lifestyle.
- Don’t be afraid to ask for help. It’s a smart way of practicing energy conservation.
- Join the Polio Network of New Jersey and a local support group for continuing updated information.

What Is the Polio Network of New Jersey?
The Polio Network of New Jersey (PNNJ) and its local chapters make up an organization for concerned polio survivors, family members and friends, and health care professionals. PNNJ is a non-profit New Jersey organization governed by a board of directors composed of polio survivors. It has tax exempt status under section 501(c)(3) of the Internal Revenue Code. All contributions are tax deductible. Programs are funded by membership dues, donations, and grants.

Ruprecht Memorial Fund
Grants not exceeding $500 annually are available through our unique Ruprecht Memorial Fund, to help pay for polio-related goods and services for polio survivors living in New Jersey. For further information and to apply, contact Heightened Independence and Progress. Phone: 201-996-9100; fax: 201-966-9422; or e-mail: ber@hipcil.org.

Among the Services Available Through PNNJ are:
- A quarterly newsletter
- An annual conference with nationally recognized speakers
- Information on PPS and post-polio issues
- A library of books, CDs and audio and video tapes
- Assistance to the health care community with information and encouragement to promote research
- Advocacy for polio survivors
- Support for local chapters and support groups
- Assistance to those seeking to establish chapters in their areas

If you wish to join the Polio Network of New Jersey and/or would like information on post-polio syndrome, fill out the attached form and return it in an envelope addressed to:

Polio Network of New Jersey
PO Box 537
Martinsville, NJ 08836
Telephone 201-845-6860
Website: www.njpolio.org
E-Mail: info@njpolio.org

AFFILIATED WITH
POST-POLIO HEALTH INTERNATIONAL (PHI)
WEBSITE: WWW.POST-POLIO.ORG

Make check payable to Polio Network of New Jersey or PNNJ: Mail to PO Box 537, Martinsville, NJ 08836

10/09
ATLANTIC COUNTY AREA
May’s Landing Library, Farragut Avenue
3rd Saturday, 10 am-12 noon
Contact: Marge or Steve Disbrow
609-909-1518
kittystamp@comcast.net

BERGEN COUNTY
Maywood Senior Center
Duveri Place
1st Saturday, 11:30 am-1:30 pm
Contact: Heather Broad 201-845-6317
hbroad@netzero.net

ESSEX-UNION AREA
East Pavilion of East Orange General Hospital
240 Central Avenue
2nd Saturday, 12 noon to 2 pm
Contact: Edwina Jackson 973-673-0380 or Thelma Van Liew, 908-753-6514
nubianqueen8@aol.com

MORRIS COUNTY AREA
March, July, Dec.
3rd Wednesday eve, Il Villaggio Rest.
Apr., May, June, Sept., Oct., Nov.,
3rd Saturday, 11 am
Denville Municipal Bldg.
Contact: Vince Avantagiato 973-769-0075
drvince@njpolio.org

MONMOUTH COUNTY AREA
Seabrook Village
300 Essex Road, Tinton Falls
3rd Monday, 2 pm
Contact: Toni Wilczewski 732-229-9343
skywash01@aol.com

OCEAN COUNTY AREA
Health South Rehabilitation Hospital
of Toms River, 14 Hospital Drive
3rd Saturday, 10 am-1 pm or 11 am-2 pm
Apr., Sept., and Nov.
Contact: Susan Payne Gato 732-864-0998
info@tomsrivernjpolio.org

RARITAN VALLEY–Somerset/Hunterdon Counties
Manville Library
1st Saturday, 10 am-12 noon
Oct, Nov, Dec, March, April
Contact: Arthur Siegfried 908-722-7212
apecs@verizon.net

SOUTHWEST JERSEY AREA
New Seasons at Voorhees
501 Laurel Oak Road
4th Saturday, 10:30 am-12 noon
Contact: Anna Nasuti 856-740-1106
amn46@comcast.net

A fact sheet prepared by Polio Network of New Jersey
REACHING OUT TO POLIO SURVIVORS SINCE 1990