

Symptoms

Post-polio syndrome affects polio survivors years after recovery from the initial polio virus. Post-polio syndrome is characterized by several symptoms:

- Fatigue, both general and muscular
- Muscular atrophy, a decrease in muscle size
- New respiratory difficulties in those who had bulbar or upper spinal polio
- Cold intolerance, causing muscle weakness, marked coldness, discoloration of limbs and burning pain



NPSA provides support for members dealing with the effects of Post Polio Syndrome.

Nebraska Polio Survivors Association
P.O. Box 6076
Omaha, NE 68106

Nebraska
NPSA
olio
**Survivors
Association**

**Helping survivors
since 1984**

P.O. Box 6076
Omaha, NE 68106
Phone: 402.932.5426
E-Mail: NPSA.org@hotmail.com

I would like more information about Nebraska Polio Survivors Association and the late effects of Polio

Name _____ (first) _____ (last) _____

Street Address _____

City _____ State _____ ZIP _____

Phone Number _____

_____ I am a polio survivor

_____ I am the relative/friend of a polio survivor

_____ I am a member of the medical support community



Who is Affected:

More than 440,000 polio survivors in the United States are at risk for developing symptoms of post-polio syndrome (PPS).



We help individuals dealing with post-polio syndrome, their family and friends and the medical support community.

We work to develop awareness of post-polio issues and possible solutions.

How NPSA Can Help:

We educate the community by providing articles, research reports and other resources

We offer fellowship and support at our monthly group meetings

We keep members in touch and inform the community through "Gleanings" monthly newsletter



We host guest speakers on topics such as:

- Handicapped accessibility
- Fraud prevention
- Exercise for people with limited mobility
- Spirituality
- Living with post-polio