



# Polio Australia Incorporated

Representing polio survivors throughout Australia



## e-Bulletin January 2011

Between the end of 2010 and this e-Bulletin, Australians have been battling ongoing drought in the west, devastating floods in Queensland and Victoria, and just this week, Category 5 tropical cyclone Yasi in northern Queensland and bushfires in eastern Victoria. Our thoughts and best wishes go out to all those affected, especially members of the polio community.

### *In this e-Bulletin*

- ◆ [Every Australian Counts](#)
- ◆ [Caring for Older Australians](#)
- ◆ [Disabled Parking](#)
- ◆ [National Census on Medicines Use](#)
- ◆ [Inflammation and Osteoporosis](#)
- ◆ [Gates Calls for a Final Push to Eradicate Polio](#)
- ◆ [US and Russia Partner to Eradicate Polio](#)
- ◆ [The One Percent Solution](#)
- ◆ [Polio Eradication this Week](#)
- ◆ [PHI Launches Polio Place](#)
- ◆ [PolioToday](#)
- ◆ [Polio Health and Wellness Retreat Program](#)

### [Every Australian Counts](#)

This is the campaign for the introduction of a National Disability Insurance Scheme. The NDIS will revolutionise the way people with a disability, their families and carers are supported in this country.

Over the next few months the Productivity Commission will report to the Government on the findings of its inquiry into a long-term disability care and support scheme. We need every Australian to stand up and say that people with a disability, their families and carers are Australians too, and that their hopes and dreams count. Show your support online: [www.everyaustraliancounts.com.au](http://www.everyaustraliancounts.com.au)

### [Caring for Older Australians](#)

*Department of Health and Ageing, Media Release, 21 January 2011*

Minister for Mental Health and Ageing Mark Butler has welcomed the release of the Productivity Commission's draft report 'Caring for Older Australians' which will provide the Australian Government with key advice on the direction of aged care. Mr Butler said that one of the truest tests of a decent society is how it treats its seniors, those citizens who've worked hard for years, paid taxes and raised families; and who, in their old age, need some care and support from the community they helped to build. View the full [media release here](#).

### [Disabled parking: not as blue and white as it seems](#)

*Hayley Cafarella, ABC Disability, 17 Jan 2011*

It can be extremely frustrating if you happen to encounter someone who is illegally parked and require that parking to accommodate your own disability. However there are ways to view and handle the situation other than with anger and outrage. Comparing one person's needs to another's echoes the old adage about comparing apples and oranges. It's subjective and pointless. A person with a disability who doesn't require a wheelchair could be in an incredible amount of pain; a person with a wheelchair could be pain free, but have to overcome a lot of difficulty to exit and enter their car; a person with an upper body disability might have trouble carrying items long distances, or pushing a trolley. Who's to say which struggle is more deserving when there is limited disabled parking available? [Read more . . .](#)



## [National Census of Medicines Use](#)

There is currently limited comprehensive information about what medicines Australians take, why they take the medicines they do and what problems, if any, they might be having. The National Census of Medicines Use in Australia is a research project about how Australians use their medicines, including prescription, non-prescription and complementary medicines. The project is being run by National Prescription Service (NPS) in partnership with the University of Melbourne. The aims of this project are to:



- understand the pattern of use of prescription, non-prescription and complementary medicines
- estimate the prevalence of potentially serious medicine-medicine interactions
- better understand adverse drug events
- investigate information-seeking behaviour around medicines

The results from this research will be used to inform NPS programs to help Australians use medicines safely and effectively.

## [Inflammation and Osteoporosis](#)

Osteoporosis, characterized by the loss of bone mass and deterioration of bone microarchitecture with a resulting increase in bone fragility and, therefore, susceptibility to fracture in both women and men, is now a major public health issue. A number of risk factors for osteoporosis are well recognized, including age, female sex, smoking, physical inactivity, and vitamin D and estrogen deficiency. In recent years, inflammation has been also implicated.

A [three-year study](#) of 168 individuals completed in 2008 found that those with higher levels of inflammation markers (CRP, IL-6, and TNF-alpha) had greater loss of bone mineral density, suggesting that modulating inflammation could help prevent osteoporosis.

Find out more about how you can reduce inflammation simply by watching [what you eat and drink](#).

## [Gates Calls for a Final Push to Eradicate Polio](#)

*By Donald G. McNeil Jr, Published in The New York Times: 31 January 2011*

On Monday, in a Manhattan town house that once belonged to polio's most famous victim, Franklin D Roosevelt, Bill Gates made an appeal for one more big push to wipe out world polio.

Although that battle began in 1985 and Mr Gates started making regular donations to it only in 2005, he has emerged in the last two years both as one of the biggest donors — he has now given \$1.3 billion, more than the amount raised over 25 years by Rotary International — and as the loudest voice for eradication.

## [US and Russia Partner to Eradicate Polio Around the World](#)



Geneva, Switzerland - On 27 January, the US government and the government of the Russian Federation, through the US Agency for International Development (USAID), the US Department of Health and Human Services (HHS), and the Ministry of Health and Social Development of the Russian Federation (MOHSD), signed a Protocol of Intent on Cooperation for the Global Eradication of Polio.

Rotary International President Ray Klinginsmith remarked that *“we’re now closer than ever to eradicating the disease, and together, the support of these governments and others will make the difference in this final push.”*

## [The one percent solution: the global war against polio](#)

Filmmaker [Sorious Samura](#) takes us to the frontline of the global war against the crippling disease polio, where hopes for a final eradication of the scourge are being undermined by an explosive and deadly new outbreak in Congo-Brazzaville. [“The one percent solution”](#) is a 25 minute documentary which was broadcast recently on [“People & Power”](#).

## [Polio Eradication this Week](#)

Read more about numbers of Wild poliovirus (WPV) cases around the world on the [Polio Eradication website](#).

## [Post-Polio Health International launches Polio Place](#)

Polio Place ([polioplace.org](http://polioplace.org)) is an internet repository for medical and practical information, historical records and artifacts, and was launched on 30 January 2011, the 129th anniversary of Franklin D Roosevelt's birth.

[Polio Place](#) looks at the past – not only the history of the disease, but also the stories of its survivors. It examines the present from the perspective of people around the world who are living with polio and post-polio syndrome today.

## [PolioToday.org](#)

This is a place where polio survivors meet on the web. PolioToday is an online community of polio survivors that supports each other, shares history, and educates ourselves and others about living with post-polio syndrome. PolioToday invites you to:

- share your unique story with video or text
- learn more about PPS from experts in the field
- watch videos and read stories about fellow polio survivors
- join and create PPS-related discussions with fellow polio survivors

Be a part of this global group and help raise awareness of PPS by visiting <http://poliotoday.org>.

## [Polio Health and Wellness Retreat Program](#)

*Mt Eliza, Victoria — Thursday 28 April to Sunday 1 May*



This is not a conference, so don't expect to be sitting around all day listening to the 'experts' telling you what's what. The idea of this Health and Wellness Retreat is for maximum participation in sharing and discussing information together with a range of health professionals and other session facilitators, as well as fun activities that will challenge the myth that "you can't teach an old dog new tricks". There will also be opportunities to book in for a short personal consultation with a variety of health professionals, have a therapeutic massage, or even get your feet attended to by a podiatrist. If that's not enough, after dinner activities will be available to keep you entertained each night.

This Health and Wellness Retreat will be an experience to remember, and you are encouraged to bring along your loved one to share it with. You can also watch a video of the NSW Retreat on [Polio Australia's website](#) to see what previous participants have said.

### **Quote from Health and Wellness Retreat held in NSW, April 2010**

*"Thanks for all you put into the retreat. For me it was a life-changing experience! It seemed to offer everything we needed: great plenary sessions, excellent small group discussions and one-to-one opportunities with professionals, and the chance to share all these experiences with one's partner. Beyond that, there was the informal chance to make connections and share experiences with other polio survivors. I've already made three important follow-up appointments...."*

### **Please pass this e-Bulletin on to friends and colleagues who have an interest in the late effects of polio**

- ◆ If you are not the original recipient of this e-Bulletin and would like to receive it directly in future, please email us [here](#).
- ◆ If you do not wish to receive any further communication from Polio Australia, please email us [here](#).

#### [Polio Australia Incorporated](#)

PO Box 500 Kew East Vic 3102

Suite 119C, 89 High Street Kew Vic 3101

Telephone: (03) 9016 7678 ◆ Mobile: 0466 718 222

E-mail: [office@polioaustralia.org.au](mailto:office@polioaustralia.org.au) ◆ Website: [www.polioaustralia.org.au](http://www.polioaustralia.org.au)