

Membership Benefits:

Resource Information - research articles; assistance that may be available to you and where you might find it. Also creating resources such as water exercise programs in your community.

Group Meetings - An opportunity to meet with those who cope with the same or similar problems. Groups may have speakers and presentation of interest.

Assistance with applications - where to obtain forms and assistance in their completion.

Information - answers to questions for members, family and friends of those with PPS.

Support - please know that you are not alone in your struggle with Post Polio Syndrome.

If you or someone you know had polio be assured that PPASS BC is here to help you. PPASS BC is a registered charitable organization and all gifts over \$10.00 are tax deductible.

PPASS BC endorses the work of Rotary International, WHO (the World Health Organization), CDC (Centres for Disease Control) and UNICEF to immunize the children of the world against polio.

Immunization is still our only protection against Polio and Post Polio Syndrome. Without immunization it is estimated that 10 million children will be paralyzed during the next 40 years

For more information, contact.....

**Post Polio Awareness and Support Society
of British Columbia**

Phone: (250) 655 - 8849

Fax: (250) 655 - 8859

Email: ppass@ppassbc.com

Website: www.ppassbc.com

To Contact The Society - Please Leave A Message By Phone, Fax or E-mail At The Office And It Will Be Answered As Soon As Possible.

The Post Polio Awareness and Support Society of British Columbia would like to thank the British Columbia Lotteries Corporation for their generous support since 1986.

Post Polio



Syndrome

**Post Polio Awareness
and Support Society
of British Columbia**

#102 - 9775 - 4th Street,
Sidney, BC
V8L 2Z8

E-mail: ppass@ppassbc.com

Website: www.ppassbc.com

Official Registration No: 0732883-11

Polio:

Polio is a highly contagious viral disease that has infected humans for more than 3,500 years. Industrialization saw polio turn from a virtually unknown disease to epidemics that terrorized the world. Polio damaged and destroyed motor neurons leaving countless numbers of children and young adults paralyzed...unable to breathe...or worse...they died. The introduction of the Salk (1955) and Sabin (1961) vaccines signaled the end of epidemics in North America.

Post Polio Syndrome (PPS):

PPS occurs about 35 years past the onset of polio. It is caused by the failure of motor neurons that have carried orphaned muscles, but can no longer activate their muscle fibers. Anyone who had polio can be susceptible to PPS. Symptoms may vary, but may include:

- **Excessive** fatigue not related to activity or relieved by rest.
- **Increased** weakness in unaffected and previously affected areas.
- **Muscle** and joint pain.
- **Reduced** endurance.
- **Cold** intolerance.
- **Difficulty** sleeping
- **Problems** with breathing and swallowing
- **Sensitivity** to anesthetics and medication.

These symptoms may necessitate people to reduce their activities...rest more frequently...perhaps leave their jobs. Polio survivors **MUST** be prepared to accept lifestyle changes and perhaps a return to assistive devices in order to be successful in their lives.

---PPASS BC---

The Post Polio Awareness and Support Society of British Columbia (PPASS BC) is a non-profit registered society that links 30 Area Groups throughout BC via Area Group Contacts who are the liaison between our members and the provincial office

PPASS BC assures polio survivors who are now facing the many challenges of Post Polio Syndrome that they are not alone in their struggles.

PASS BC brings awareness about PPS to communities through information and presentations. PPASS provides a source for education and dissemination of information about the facts research and treatments available for those with Post Polio.

PPASS publishes a bi-monthly newsletter - *PPASS NEWS* - which contains information on Polio and Post Polio Syndrome.

Our website (www.ppassbc.com) has articles of interest and information on as well as links to worldwide websites relating to PPS.

We at PPASS work to provide information about the recent medical findings lifestyle alternatives resources and assistive devices that can help to maintain quality in people's lives.



---Application Form---

I would like to:

- Become a member (\$20 / yr if resident of BC & \$30 / yr if resident outside BC)
- Receive more information
- Become a volunteer
- Support PPASS BC with a donation of \$_____

(Tax Deductible Receipt issued for amount over \$10:00)

Name: _____

Address: _____

City: _____

Province/State: _____

Postal/Zip Code: _____

Phone: _____

E-mail: _____

Signature: _____

Date: _____



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