



# Newsletter

A QUARTERLY UPDATE FOR NEW JERSEY POLIO SURVIVORS

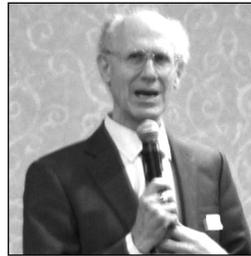
Summer 2014 / Vol 24. No. 3

## Jonas Salk: A Celebrated Life

by Joan Swain

Peter L Salk, MD, President of the Jonas Salk Legacy Foundation, spoke about his late father at the 24th Annual Conference of the Polio Network of New Jersey on April 27. In his talk, "Polio and Beyond: Jonas Salk in His Centenary Year," Dr Salk shared his experiences with his father, whose life he recalled.

October 28, 2014, would have been Dr Jonas Salk's 100th birthday. While the world knows of his work in developing the first vaccine against the dreaded polio virus, people are less aware of his world view. "In celebrating the centenary of his birth, all aspects of his life will be included," his son said, "particularly the forward-looking aspects that ask what we need to do if we are to make this world the one we want it to be."



Peter L Salk, MD

### Chemistry Course Changes His Life

"From very young, my father wanted to do something to help the world," Dr Salk explained. Initially he thought of going into the practice of law and running for Congress, to change laws. But when he went to college and took a chemistry course, it changed his life; it captivated him. He went on to NYU School of Medicine, and there he had an experience that set him on a course that made a big difference to him, his son explained. He was taking a microbiology course and the professor was talking about vaccines, and the fact that with diphtheria and tetanus, two bacterial diseases, you could deal with preventing those diseases by taking some of the bacterial components and inactivating them. You could then convert them to a non-toxic form that you could use as a vaccine to immunize against the diseases.

However, when it came to viral diseases, the professor said, you could not do that. You had to have a living virus in order to induce protective immunity. "My father just didn't understand why that should be," Dr Salk said. "That gave him the intellectual stimulus to pursue that angle." While in medical school he had an opportunity to work with Dr Thomas Francis, who was working on the idea of developing an inactivated (killed) virus vaccine against influenza.

### From Influenza to Polio

After graduation and two years of hospital work, Dr Salk went to Michigan to work with Dr Francis on an inactivated vaccine for influenza. The project was completed successfully and became the model for all injected influenza vaccines.

In 1947 Dr Salk went to the University of Pittsburgh to continue working on influenza and perfecting the vaccine. At that time, the March of Dimes, headed by Basil O'Connor, a friend and law partner of President Franklin D Roosevelt, was interested in finding a polio vaccine. They contacted Dr Salk and asked if he would be interested in turning his new laboratory at the University of Pittsburgh in the direction of polio. He agreed to this, and his team of very skilled researchers led directly to the idea of an inactivated vaccine against polio.

Their work proceeded first on animals, and then in 1952 they took the inactivated virus to the Watson Home for Crippled Children to see whether the children already

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## Looking Forward and Back

"It felt a little like I was touching history, hearing about the father from his son," was how one attendee at the 24th Annual Polio Network of New Jersey Conference on April 27, described it. The comment related to Dr Peter L Salk's talk about his father, the legendary Dr Jonas E Salk, whose name is synonymous with the polio vaccine.

"Dr Glaser had new material for me to learn about," another attendee wrote on the evaluation form. These two comments reflect the positive response from conference attendees who enjoyed hearing our two speakers, Dr Peter L Salk and Dr Judith A Glaser. Those who filled out evaluations also gave high marks to the conference overall, rating most of the specific aspects listed as either "very good" or "super." All noted that they planned to attend a future PNNJ Conference and would recommend the next conference to other people.

### Generous Contributions

Bill Mealia, a Rotarian and a polio survivor, presented a donation from the Rotary Club of Elizabeth to the Polio Network of New Jersey to be used for the Ruprecht Fund, which aids polio survivors with expenses related to polio. The club makes a donation to PNNJ every year, for which we are very grateful.

PNNJ also acknowledges with thanks the generous grant from the March of Dimes, New Jersey Chapter, which helps to make our annual conference possible.

An increased number of exhibitors participated in this year's conference, which pleased us and the conference attendees. Exhibiting were Drive-Master, Inc; Disability Rights New Jersey; Life Station/Life Aid; Millennium Respiratory Services; Mobility Works; NJ Division

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# Dr Judith Glaser: An Osteopathic Approach to PPS

by Jean Csaposs



Judith A Glaser, DO

Judith A Glaser, Doctor of Osteopathic Medicine, of New Hyde Park, NY, gave the major medical address at the 24th Annual Conference of the Polio Network of New Jersey on April 27th. Her comprehensive review covered not only the symptoms and effects of PPS, but also the basic principles underlying osteopathic medicine as a holistic approach to human health. Understanding the inter-related structure and functions of the human body is the key to maintaining good health, according to Dr Glaser. She began her presentation with a brief history of the origin and development of osteopathic medicine and accompanied her entire lecture with a vivid and easy-to-follow slide presentation.

## Osteopathic Medicine Defined

Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It is based on the principle that the well-being of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together. Osteopathic physicians are trained to expertly evaluate the neuro-musculo-skeletal system and seek to achieve normal body mechanics. They are expert in recognizing the body's ability to both regulate itself and to mount its own defenses against pathological conditions.

### Basic Principles of Osteopathic Medicine

1. The body is a unit
2. Structure and function are inter-related
3. The body possesses self-regulatory mechanisms

4. The body has an inherent capacity to defend and repair itself
5. When normal adaptability is disrupted, or when environmental changes overcome the body's capacity for self-maintenance, disease may ensue
6. Rational treatment is based on these principles

### Corollary Principles

1. Movement of body fluids is essential to the maintenance of health.
2. The nervous system plays a crucial part in controlling the body.
3. Somatic components to disease may exist that contribute to maintenance of the diseased state.

## Minimal Use of Drugs and Surgery

Since structure and function are inter-related, osteopaths work to restore the patient's body to a state of balance, with minimal use of drugs or surgery. Osteopaths use touch, physical manipulation, and stretching to increase mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues, and to help the body's own healing mechanism.

## Osteopathic Medicine and PPS

### Risk Factors

Dr Glaser identified several risk factors for PPS, some of which are tied to the onset of the disease, while others show up in later life: 1) hospitalization at onset, 2) five or more muscle groups initially affected, 3) acute polio onset as an adult, 4) a long period of time since onset, 5) the presence of permanent impairment following initial recovery, 6) recent increase in weight or change in physical activity, 7) advanced age at the time of diagnosis.

For most people, the onset of PPS is gradual, but for others, onset may be triggered by a specific event such as a minor accident or fall, a period of bed rest, or surgery.

## Several Kinds of Pain

Pain is the Number 1 complaint of polio survivors with PPS. Dr Glaser described three kinds of pain related to PPS: 1) muscle pain (PPMP), felt only in muscles affected by PPS, characterized by a deep ache or superficial burning, with improvement through rest, heat, and stretching; 2) overuse pain, caused by injuries to soft tissue, muscles, tendons, and bursa (tendonitis, bursitis); and

3) biomechanical pain: DJD, low back pain, and pain from pinched nerves (carpal tunnel syndrome, radiculopathy).

## Treatment of PPS

There is no cure to stop the deterioration of motor units affected by polio. Most clinical trials have been based on finding safe therapies to reduce symptoms and improve quality of life. High on the list of recommended activities are energy conservation and lifestyle modification, such as prioritizing activities and working to reduce stress in one's life. Polio survivors should also take advantage of assistive devices and mobility aids. Exercise must be individualized.

## The Osteopathic Approach

Osteopathic physicians treat the body as a whole unit; Osteopathic Manual Treatment (OMT) can help treat the symptoms of post-polio syndrome. Dr Glaser described the step-by-step approach: first, a physical exam, followed by an Osteopathic Structural Exam. The physician will rule out other causes of pain, fatigue or weakness, then may introduce Osteopathic Manual Treatment – OMT (aka Osteopathic Manual Medicine – OMM). OMT is primarily used to treat musculoskeletal pain conditions, such as back pain, shoulder pain, arthritis, and tension, and is also used for GERD, respiratory conditions, and general well-being.

## The Role of Exercise

Dr Glaser recognized the controversy that has long been waged over whether to encourage or discourage exercise for polio survivors. She noted the strong admonition of her mentor and former colleague, Dr Lauro Halstead, against exercise in the attempt to strengthen muscles affected by polio. Such exercise can further weaken muscles, she cautioned. Exercise in moderation is beneficial, however, to keep the body in motion. It should be individualized and monitored by a physician. Her recommendation: Consider upper body exercise only, seated yoga, or gentle pool exercise.

## Final Comments

Space does not allow a review of the many aspects of OMT and other benefits of osteopathic medicine as well as other therapeutic disciplines described by Dr Glaser, including acupuncture, a

medical practice in which she is certified. She is also Board certified in physical medicine and rehabilitation and is in private practice in New Hyde Park, NY. Readers are urged to visit the PNNJ website, [www.pnnj.org](http://www.pnnj.org), for the complete audio-visual version of Dr Glaser's presentation. Suffice it to say here that the conference attendees were enthusiastic responders, and the question-and-answer period was lively and informative.

#### RESOURCES

UMDNJ: ROWAN SCHOOL OF  
OSTEOPATHIC MEDICINE – STRATFORD, NJ  
NYCOM: NEW YORK COLLEGE  
OF OSTEOPATHIC MEDICINE –  
OLD WESTBURY, NY  
TOURO COLLEGE OF OSTEOPATHIC  
MEDICINE – NEW YORK, NY  
“FIND A DO” FROM THE AMERICAN  
OSTEOPATHIC ASSOCIATION  
AMERICAN OSTEOPATHIC BOARD OF  
NEUROMUSCULOSKELETAL MEDICINE  
JUDITH A GLASER, DO  
PHONE: 516-327-9777  
E-MAIL: [JUDITHGLASERDO@GMAIL.COM](mailto:JUDITHGLASERDO@GMAIL.COM)

## CDC Issues Health Advisory for International Travelers

The Centers for Disease Control (CDC) issued a Health Advisory Message on June 2, 2014, which includes the following recommendation.

*“Because of the substantial progress of the polio eradication initiative in 2012–2013, and in order to harmonize CDC recommendations with WHO (World Health Organization) recommendations, CDC now recommends an adult inactivated poliovirus (IPV) booster dose for travelers to countries with active WPV (wild polio virus) circulation. Countries are considered to have active WPV circulation if they have ongoing endemic circulation, active polio outbreaks, or environmental evidence of active WPV circulation. Travelers working in health care settings, refugee camps, or other humanitarian aid settings in these countries may be at particular risk.”*

Be sure to consult your doctor for further information if you are

planning international travel to countries experiencing polio outbreaks/active transmission.

## Jonas Salk

*(continued from page 1)*

infected with one of the strains of polio would have a boost in their antibody levels when they received the inactivated virus of the same strain. The vaccine did cause a boost. That opened the door to giving the polio injection to 1.8 million children, known as polio pioneers. It took a year for the field studies to be completed and the results analyzed. On April 12, 1955, it was announced that the vaccine was safe, protective, and potent. “It changed life in an instant,” Dr Peter Salk said. “The fears that pervaded the country were lifted.” Interestingly, the person responsible for the design and announcement of results was the same Dr Thomas Francis with whom Dr Salk had earlier worked.

### Creation of the Salk Institute

After the great success of the polio vaccine, Dr Jonas Salk went back to his lab, where he continued to work on polio. His interest also included the possibility that the immune system might be used in helping with cancer. “But more than that, my father was concerned with a new idea,” his son said. “That was to create a new kind of institute that would deal with not only the fundamentals of biology but also with broader human issues, that is, the question of man’s relationship to man.”

Originally Dr Salk wanted to create such an institute in Pittsburgh, but that didn’t work out. He travelled west and decided to establish the new institute at La Jolla in California. His initial plan was to include three components. 1) One for research, education, and training in biology. 2) Another for discerning the cause, prevention, treatment, and cure of disease. 3) And finally, a meeting center to bring together not only the biological sciences but the social sciences, humanities, and the arts to deal with significant problems confronting and challenging humanity that can’t be solved in the laboratory. The first two components were built, but the third was not.

The Salk Institute has become one of the top biological research

institutes in the world, doing research in the neurosciences, genetics, metabolism, plant biology, the immune system, and infectious diseases. Many practical applications have been introduced.

Dr Peter Salk worked with his father in his lab for 13 years at the Institute. Their three areas of concentration were 1) cancer and the immune system; 2) the autoimmune system; and 3) developing a vaccine to control HIV infection and prevent AIDS.

### Man’s Relationship to Man

Dr Jonas Salk continued to pursue the same general desire to understand how we can make the world a better place by understanding our own nature. In pursuit of this knowledge, he wrote four books. Some of the issues that concerned him were living in a way not to overpopulate the food supply; living in a sustainable fashion; and appropriately using the wisdom we have acquired. He died in 1995.

In closing his talk, Dr Peter Salk spoke about the international efforts to end polio worldwide. He explained that while the Sabin live vaccine currently used is a weakened virus, it has been shown to have the potential of reverting to its original strength. As a result, the game plan will be to introduce the Salk injected virus to make a transition so that new virus will not be introduced.

### The Human Factor

Dr Salk noted that the three countries in which live polio still exists, Pakistan, Nigeria, and Afghanistan, present religious and political factors and cultural differences that are delaying success. As a result, live virus is spreading to countries where it had been previously eliminated. “If we’re going to get rid of this disease, it’s not just the tools, it’s the human factor – man’s relationship to man is the fundamental issue,” he said. “We’ve got to come to a different way of relating among ourselves even in what seems to be a scientific or medical situation.”

In conclusion, Dr Salk noted that broad challenges face us now, such as the continuation of poverty, overpopulation, and climate change. And he asked whether we will be able to come to grips with the opportunity to make this world a better place. “We plan to use this centennial year as a platform to consider these questions,” he said.

## Looking Forward

(continued from page 1)

of Consumer Affairs; NJ Transit/Access Link; Senior Medicare Patrol; Swiss Orthopedics; and World Financial Group.

Thanks to polio survivor and craftsman, Jeanine Stevens, of Kennewick, Washington, we were able to draw names from a hat to award two of her personally hand-sewn Cozy Comfort Covers as prizes.

## Dorothy McDowell Honored at 10th Anniversary of Ocean County PPSG



Dorothy McDowell

Dorothy McDowell was recognized for her work with post-polio and the Americans with Disabilities Act at the celebration on May 22 of the 10th Anniversary of the

Ocean County Post-Polio Support Group. OCPPSG President Susan Gato spoke of Dorothy's involvement in the original Shore Post-Polio Group that she was instrumental in founding, her participation with the present group, and her involvement with ADAOCAN. "It was a real thrill for me to be recognized to such an extent by my peers," Dorothy said.

Over the years, Dorothy has been an active participant in numerous organizations working to improve access and opportunities for persons with disabilities. Her latest endeavor involves her work with ADAOCAN (Americans with Disabilities Act Ocean County Action Network), where she shares her knowledge of the ADA with other Board members and helps to "Keep the ADA alive in Ocean County." For several years, Dorothy shared her expertise with this newsletter, writing a column on The ADA and You.

Congratulations, Dorothy, and to the Ocean County Post-Polio Support Group!

## Le Clercq DVD Soon Available

The film, *Afternoon of a Faun: Tanaquil Le Clercq*, which opened in February at the Elinor Bunin Munroe Film Center in New York City, was scheduled, at press time, to be shown on June 20 on the PBS program *American Masters*.

Ballerina Tanaquil Le Clercq mesmerized viewers and choreographers alike. She was the muse to both George Balanchine and Jerome Robbins. Balanchine married her, and Robbins created his famous *Afternoon of a Faun* for Tanny. She was the foremost dancer of her day until at age 27 she was struck down by polio and paralyzed, never to dance again.

A DVD of the film will be available June 24 through Kino Lorber at [www.kinolorber.com/video-store](http://www.kinolorber.com/video-store) for \$22.46.

## PNNJ's Ruprecht Fund May Meet Your Need

Polio survivors living in New Jersey may apply for limited funding for polio-related needs. The Ruprecht Fund, a unique service, is administered for PNNJ by Heightened Independence & Progress, a NJ Center for Independent Living for People with Disabilities. Call Maria Perez at 201-996-9100, or e-mail [mvalentin.ber@hipcil.org](mailto:mvalentin.ber@hipcil.org). You may qualify!

### Polio Network of New Jersey NEWSLETTER

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**Joan Swain**

*Editor*

NEWSLETTER DESIGN BY  
Barbara Conklin, Hackensack, NJ

### You Can Copy Us!

You are welcome to copy material from this newsletter. We ask that you credit the Polio Network of New Jersey Newsletter.

## Tuning in on the Polio Network of NJ

### ATLANTIC COUNTY AREA

Ye Olde Mill Street Pub  
6033 Main St, Mays Landing  
3rd Wednesday at 12 noon  
Contact: Marge or Steve Disbrow  
609-909-1518, [kittystamp@comcast.net](mailto:kittystamp@comcast.net)

### BERGEN COUNTY

Maywood Senior Center  
Duvier Place, Maywood  
1st Saturday, 11:30 am-1:30 pm  
Contact: Heather Broad 201-845-6317  
[hbroad@netzero.net](mailto:hbroad@netzero.net)

### ESSEX-UNION AREA

East Orange General Hospital  
300 Central Avenue, East Orange  
2nd Saturday, 12 noon to 2 pm  
March, June, September, December  
Contact: Edwina Jackson 973-699-1564 or  
Thelma Van Liew, 908-753-6514  
[nubianqueen8@aol.com](mailto:nubianqueen8@aol.com)

### MONMOUTH COUNTY AREA

Seabrook Village  
300 Essex Road, Tinton Falls  
3rd Monday at 2 pm  
Contact: Toni Wilczewski 732-229-9343  
[skywash01@aol.com](mailto:skywash01@aol.com)

### MORRIS COUNTY AREA

Denville Municipal Building  
1 St. Mary's Place, Denville  
3rd Saturday, 11 am  
April, May, June, September,  
October, November  
Il Villaggio Restaurant  
22 Gibraltar Drive, Parsippany  
973-644-4888  
Lunch meeting, 3rd Wednesday at 1 p.m.  
March, July, December  
Vince Avantagiato 973-769-0075  
[Vincent\\_wfgmail@verizon.net](mailto:Vincent_wfgmail@verizon.net)

### OCEAN COUNTY AREA

Health South Rehabilitation Hospital  
14 Hospital Drive, Toms River, NJ 08755  
Four (4) times a year on Saturdays  
April, June, September, and November  
Contact: Jerry Bojko 732-505-0151 or  
Susan Payne Gato 732-864-0998  
Website: [www.tomsrivernjpolio.org](http://www.tomsrivernjpolio.org)

### RARITAN VALLEY— Somerset/Hunterdon Counties

Manville Library, Manville, 908-722-9722  
1st Saturday, 10:30 am-12:30 pm  
Oct, Nov, Dec, March, April, May  
Contact: Lee Bekir 908-359-6736  
[leebekir@njpolio.org](mailto:leebekir@njpolio.org)

### SOUTHWEST JERSEY AREA

New Seasons at Voorhees  
501 Laurel Oak Road, Voorhees  
4th Saturday, 10:30 am-12 noon  
Contact: Anna Nasuti 856-740-1106  
[amn46@comcast.net](mailto:amn46@comcast.net)

### DELAWARE LIAISON

John Nanni  
609-605-4007 or [jntenor@yahoo.com](mailto:jntenor@yahoo.com)

As meeting locations, days, and times may change, it is advisable for those who are not in frequent touch with support groups to call the contact persons in advance of your planned attendance.