



THE LIGHTHOUSE

Coastal Empire Polio Survivors Association, Inc.
Shining Light on Post-Polio Health

March, 2012 Newsletter

www.coastalempirepoliosurvivors.org

Vol. XV, No.3

The President's Message...

The Vaden Extra Mile Award recognized us for our contributions to the community. In other words, we are making a difference. Now we need to continue just that.



Still photo taken from "The Vaden Extra Mile"
Aired 6:00 pm CBS, WTOG, Savannah, 17 February 2012.

Dan Vaden Chevrolet-Cadillac
Sales Manager, Chuck Reed,
presenting the
"Vaden Extra Mile Award" check
to CEPSA President,
Janet DiClaudio.

When the Vaden Extra Mile event was aired on WTOG, the line "If you are a Polio Survivor, Contact: Coastal Empire Polio Survivors Association, Inc." and our web site address appeared on the screen. This allowed thousands of viewers to become aware of CEPSA and our search for polio survivors.

Another opportunity to find survivors is also due to the Vaden Award. My thank you letter will be posted on the Dan Vaden Chevrolet-Cadillac website with a link to our website and on the Dan Vaden Motor Group Facebook page.

We have definitely gotten a lot of mileage out of this honor.

Any and all suggestions for identifying polio survivors are more than welcome. Please send them to me at JDCprn@aol.com.

Our program this month will be on home care. More information on the presenters, Suzanne Hertzwig and Richard Birg, is included on page 3 of this newsletter.

I look forward to seeing all of you on the 24th.

Janet DiClaudio, President

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Next Meeting
March 24, 2012

General Meeting Minutes

February 25, 2012

President Janet DiClaudio called the meeting to order at 10:37 am, she welcomed back Richard Warden, who introduced his brother John, Nancy and Steve Hess, Delores and J.E. McCall, and Sandra Bath who has returned from her travels.

Lorraine Frew led the Pledge of Allegiance.

The inspiration was given by Adrienne Stallworth, who inspired us with a poem called "Don't Quit." Ed Stallworth passed out peppermint candies as part of the theme.

Cheryl Brackin introduced our guest speaker, Mr. John McKinnon, a pharmacist and co-owner of Lo Cost Pharmacies here in the Savannah area. He has been practicing since 1979 and has much experience. He answered many questions that the group provided. We learned more about asking questions of our doctors and pharmacists. When it comes to drug interactions, prescribed drugs, supplements and regular medications over the counter, we all need to use caution and speak with our medical providers. Best noted advice: if you have numerous doctors, be sure they all know the medications you are taking.

Business Meeting:

Janet reported that the January meeting minutes were posted in the newsletter. The minutes of the meeting were approved as written.

Marty Foxx gave the Treasurer's report which was approved as submitted.

Old Business:

Jim Veccia reported that \$4000 of the \$5000 Rotary grant has been spent on scooter management. The Rotary is now working on a new grant in the amount of \$3000 for the 2012/2013 period. The funds will be used for awareness and outreach to polio survivors who are unaware of CEPSPA. Jim also reminded us to forward thank you notes so the Rotary knows how much we appreciate their support.

Adrienne reported the "Vaden Extra Mile" \$1000 award was received with 15 members at the Vaden site on February 15th. Janet will send them a thank you note.

The presentation was televised, and Jim was able to send out a link. Esther Simmons, daughter of Della Simmons, works for WTOC TV and will get the group a DVD copy covering the event.

Care Team Leaders Cheryl Brackin, Janet DiClaudio, Wanda Clas, and Jim Veccia gave their reports. They identified several members who were having problems at this time and others that are doing well.

No new updates were given by committee chairs.

Cheryl reported that she is still looking for a new meeting location for our meetings after April 1st. Currently Candler has scheduled us to use the Marsh Auditorium. However, parking and walking distance are concerns. The situation will be discussed further at the March board meeting.

Janet reported that we are still collecting emergency contact forms from members. These would be used at CEPSPA functions to reach an emergency contact if a situation develops.

The guest speakers for March will cover home care and elder law.

New Business:

The Rotary Conference is May 18-20 at the Desoto Hilton Hotel. CEPSPA will be participating, and will be available soon.

Sandra Bath said that she would be glad to conduct a Historic Savannah District tour for our scooter users. More details will follow.

The meeting was adjourned at 12:30 pm.

Respectfully submitted,
Michael Dunnermann
Vice-President/Secretary

Attendance:

John McKinnon, Marty Foxx, Jim Veccia, Adrienne Stallworth, Ed Stallworth, Lorraine Frew, Sissy Morel, Ann Chance, Sally Luck, Ed Luck, Betty Goff, Ross Smith, Penny Smith, Cheryl Brackin, Wanda Clas, Carlos Clas, Della Simmons, Esther Simmons, Linda Munn, Hugh Munn, Richard Graham, Linda Graham, Janet DiClaudio, Michael Dunnermann, Terri Dunnermann, Steve Hess, Nancy Hess, Dan Shehan, Delores McCall, J.E. McCall, Larry Richter, Charlotte Richter, Sandra Bath, Dick Warden, Archie Ivey and Tom Schendorf.



We're Moving...Forward

We held our first meeting in the Gastro-enterology Suite at Candler Hospital on a Tuesday evening in April 1997. Several polio survivors and guests attended that event.

March 24, 2012 will be the last time that we will be holding our meetings in Conference Room #2 of the Heart and Lung Building at Candler.

We will be celebrating our fifteenth birthday on April 28, 2012 in Candler's Marsh Auditorium. We have learned a lot, shared our problems and solutions, made friends, became advocates in the community, laughed together, and supported each other socially and emotionally in those fifteen years. I look forward to the next fifteen years together. We will announce our future meeting location in the next newsletter.

Janet DiClaudio



****Tax Filing Deadline is April 17, 2012****

Voluntary Dues of \$15.00 may be paid to:

Marty Foxx
23 East 61st Street
Savannah, GA 31405

Please try to make your payment this month,
either at our next meeting or else by mail.

Thank you

Our March Guest Speakers

Our guest speakers for the March 24th meeting, will be Suzanne Hertzwig from Visiting Angels and Richard Birg, an attorney specializing in elder law.

About Visiting Angels

Visiting Angels is a nationwide network of home care agencies that allow you to select your caregiver from a group of experienced caregivers.

Visiting Angels do not dictate your schedule. You are allowed to maintain your own schedule and they adjust to it. This allows you to remain comfortable within your own home. The agency will tailor their program of care to your needs, even if your needs happen to change.

All Visiting Angels senior home care agencies are required to be bonded, insured and licensed in states that require a license for "hands-on" care.

The Visiting Angels directors believe that their agencies should have the very best in training and support, so that their elderly clients will receive top quality care.

Please visit www.visitingangels.com for further information about their services and to locate an office nearby.

Article based on information from the Visiting Angels website:
www.visitingangels.com



A Safety Reminder for Users of Scooters and Motorized Wheelchairs

Always turn off the power before getting on or off your scooter or wheelchair!
If you accidentally hit the forward or reverse lever, the scooter or wheelchair could scoot out from under you.

A safety reminder from Diane Davis, Polio Awareness & History Chair

Vaden Extra Mile Award

by Janet DiClaudio

On Wednesday, February 15, 2012, Cheryl Brackin, Carlos Clas, Wanda Clas, Diane Davis, Janet DiClaudio, Lorraine Frew, Betty Goff, Gene Goff, Richard Graham, Archie Ivey, Dan Shehan, Adrienne Stallworth, Harvey Varnadoe, Gigi Veccia and Jim Veccia went to the Dan Vaden Chevrolet-Cadillac showroom on Abercorn St. to accept the Vaden Extra Mile Award of \$1,000. The event was aired on WTOC's The News at 6 on Friday, February 17, 2012 and on Monday, February 20, 2012 at 7:00 am on The News at Daybreak and The News at Noon.

We were recognized for our Historic District Navigational Guide for Scooter and Wheelchair Users which identified streets that they could use. The complete nomination letter is included on the following page.

We will use the funds to serve polio survivors in the region.

Thank you, Jane Vaden Thacher.



Still photo taken from "The Vaden Extra Mile" Aired 6:00 pm CBS, WTOC, Savannah, 17 February 2012.

Presenting the "Vaden Extra Mile Award" is Chuck Reed of Dan Vaden Chevrolet-Cadillac.

L. to R. Front Row (Seated)- Lorraine Frew, Janet DiClaudio, Chuck Reed, Richard Graham, Jim Veccia & Archie Ivey.
L. to R. Second Row- Diane Davis, Betty Goff, Adrienne Stallworth, Carlos Clas, Dan Shehan, Harvey Varnadoe & Cheryl Brackin.
L. to R. Back Row- Gene Goff, Gigi Veccia & Wanda Clas.

This is a copy of the nomination letter that was sent in by Diane Davis and Jim Veccia, to Vaden Automotive Group, the sponsors of the "Vaden Extra Mile Award."

Coastal Empire Polio Survivors Association Is Going the Extra Mile

I wish to nominate Coastal Empire Polio Survivors Association, Inc. (CEPSA) for the "Vaden Going the Extra Mile Award."

First, some information about our group. CEPSA is a non-profit organization of polio survivor volunteers, who are helping polio survivors face the challenges of Post-Polio Syndrome (PPS), "The Late Effects of Polio." The most common PPS symptoms occurring 40 to 50 years after the initial polio virus attack include; overwhelming fatigue, new muscle weakness, muscle twitching and cramps, muscle and joint pain, sleeping difficulty and heightened sensitivity to anesthesia, cold and pain, while others are also experiencing swallowing and breathing problems. The need for our organization continues to grow, as more and more polio survivors find themselves confronting PPS and requiring accessible equipment and specialized health care.

CEPSA members literally went extra miles by scooters, motorized wheelchairs and by car to map the accessible path in Savannah's Historic District from Bull Street to parks and historic sites. It all started several years ago when one of our members was trying to navigate the Historic District in his scooter, only to find that most streets did not have adequate curb cuts. CEPSA published the first edition of Savannah's Historic District Navigational Guide for Wheelchair and Scooter Users in 2006, which also included a limited number of restaurants in the area that were accessible. The 11X14 map was printed and distributed to visitor centers, hotels, and restaurants all over the downtown area by CEPSA members. This positive approach to a negative accessibility problem generated so much uplifting attention that the City Council allocated \$400,000 to add over 1,500 new curb cuts over a period of three years, plus repairs would be made to the existing curb cuts. As new curb cuts were made, more restaurants made their establishments accessible and asked to be included in the next up-dated edition of the map. The life of CEPSA's accessibility map ran its course from 2006-2009, until all the curb cuts were completed and the need for the map had served its purpose. This contribution to greater accessibility in Savannah's Historic District led to CEPSA collaborating with Savannah-Chatham Council on Disability Issues (SCCDI) to publish the Accessibility Guide to Savannah's Historic District. This booklet helps people with all types of disabilities tour our beautiful city, as well as senior adults and even baby stroller users. The Accessibility Guide is available online at www.savannahvisit.com and Savannah's Visitor Information Centers.

CEPSA also collaborates with five Rotary Clubs in South Carolina in the worldwide polio eradication efforts by participating in the "Heel-to-Toe for Polio" walk in Hilton Head, S.C. and raising donations to eradicate polio. In addition, CEPSA collaborates with the Chatham County Health Department, "Everybody Counts Immunization Coalition" to raise awareness in the community about children's immunizations and vaccine preventable diseases, especially polio. CEPSA also participates in Health Fairs and Polio Awareness Exhibits, featuring an original Iron Lung that was used during the polio epidemic years to help polio patients to breathe.

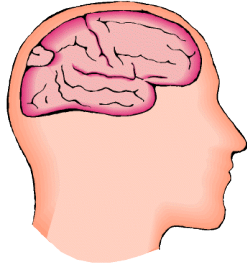
One of our recent projects is to purchase and repair used scooters and motorized wheelchairs to help those in need of mobility in our group. This also enables our members to try a scooter or wheelchair in their homes to see which one works best for them. To date CEPSA has given over 20 scooters and motorized wheelchairs to polio survivors. In addition, CEPSA purchased two new lightweight travel scooters that can be easily disassembled to loan to polio survivors that are traveling, which allows us to participate in tours and vacation sights with our families.

CEPSA's members are dedicated to locating more polio survivors to help with the "Late Effects of Polio" and to making a difference in our community and the world by "Going the Extra Mile."

Thank you for your consideration,
Diane Davis and Jim Veccia
(912)355-1221
davi1192@bellsouth.net

Thinking Problems

By Dr. Richard Bruno



Polio Survivors' "THINKING PROBLEMS" are similar to those in Parkinson's disease, not Alzheimer's disease.

In a paper published in the August issue of *The American Journal of Physical Medicine and Rehabilitation*, Drs. Richard Bruno and Jerald Zimmerman found word finding difficulty - the "tip-of-the-tongue" phenomenon (knowing the word you want to say but not being able to say it) - in polio survivors that is identical to that in Parkinson's disease patients.

Thirty-three polio survivors were given neuropsychologic tests of word finding, attention and thinking speed and had the blood hormone prolactin measured. An elevated prolactin level indicates low levels of neurochemical dopamine in the brain. "Polio survivors with severe daily fatigue had significant word finding difficulty," said Dr. Bruno, Director of The Post-Polio Institute at Englewood (NJ) Hospital and Medical Center. "Those with word finding difficulty also had impaired attention, thinking speed and higher prolactin levels, suggesting that they had lower brain dopamine." Bruno thinks that word finding difficulty, impaired attention and slower thinking speed, as well as disabling fatigue, result from polio survivors' brains making too little dopamine. This conclusion is supported by two other Post-Polio Institute studies. A 1998 study found that polio survivors with severe fatigue have higher prolactin levels and slowing of their brain waves. A 1996 study showed that bromocriptine, a dopamine-replacing drug used

to treat Parkinson's disease, reduced fatigue, word finding difficulty and attention problems in polio survivors with severe fatigue. "Autopsies performed fifty years ago on patients who died after having had polio show that the polio virus damaged brain neurons that make dopamine," said Bruno. "Dopamine-producing neurons were killed in the brain whether or not the polio virus damaged the spinal cord and caused paralysis."

The Post-Polio Institute's 1990 National Post-Polio Survey found that 91% of the estimated 1.8 million North American polio survivors report fatigue and that 70% to 96% of survivors with fatigue report difficulty with word finding, attention and thinking quickly. "Since fatigue is the most commonly reported and most disabling symptom of PPS, many polio survivors have 'thinking problems' and are afraid they have Alzheimer's," said Bruno. But Bruno's work has found that polio survivors' thinking problems are similar to those with Parkinson's disease, which is known to be caused by low levels of brain dopamine. "Fortunately, the polio virus did not kill enough dopamine producing neurons to cause the physical symptoms - tremor and rigidity- that are seen in Parkinson's."

"Thinking problems in polio survivors are not symptoms of a dementia, like Alzheimer's," said Bruno. "And our work over the past 15 years shows that reducing physical overexertion can decrease word finding difficulties, problems with attention and fatigue in polio survivors."

Reprinted from "Polio Deja View", Central Virginia Post-Polio Support Group, Richmond, VA; Feb-Mar 2008. CVPPSG reprinted it from "The Seagull", Triad Post-Polio Support Group, Greensboro, NC; Nov-Dec 2007

The "BRAIN POWER"

word search puzzle on the opposite page, contains some words found in the article "Thinking Problems" on this page. Post-Polio sufferers need time to rest in order to alleviate fatigue. Puzzles are a great way to relax and challenge your mind.

BRAIN POWER

R B L T R D U A S R K W O R D F I N D I N G L R T P Q D C V
 R V T P Y X M W O N I E D U D N S W S Y D I S A B L I N G N
 U J X K H A M L C S P D C R O A U Y J R O M E R T S J Y R B
 I Z B J U Z H G N W F J W H B M Z O Q L B O F I U M W Q V P
 E E N W N L O C J W W D L C L R X I W F S C K U T M G D X M
 E N I T P I R C O M O R B V Q E U S J V O Q U R I O F W C Y
 I A I T N E M E D C W Y D S K M H N M V Y I W Y M S P Q O W
 M E L B O R P G N I K N I H T M S Q O N A K L M G J G L F R
 A E H Y C U S R Q H S N O S N I K R A P Y E J V C R F J K G
 D E E P S M Q R J K N I Q G M Z A V E X Y F A T I G U E Z F
 U W Y R W T B W E Y N Q B E L R R F E B Q B Q Q A C A G V N
 R B A F T C P X M M N V Y G V D C I N I T C A L O R P I J I
 S H Q Y N N U T U P I O W L J V J E O A R F D Q R W A L R Y
 M R E W O L S H Y M U E I A W L V U F B C Z E A N U R U E H
 R D Y T I D I G I R G J H T E P M G N D K I M N E T A W R F
 K K W W T O X B F K H R L Z R F R N E D G N V A U S L B Y X
 E D C T N M U T E I P E E P L E E O W A V U E E R D Y B Z F
 L O W L E V E L S Y S H V P S A X T N B E E Z T O I S E E N
 M T E S T S P T H B E A E U E M U E D H H N L V C F I D Q E
 E O E D T M V K E W K B L C V N D H R L H O A H H F S T G J
 Y J K E A G Y Y V H X I D B A Z D T T E W M C Q E I K Y Z N
 H W M I N G H W I C A L E A W W F F K M V R I A M C G Q D W
 B B O V R I W S I B T I T I N D W O B O H O S A I U H M I S
 B R A J Z I M L B X S T A N I G J P Z J S H Y F C L U O S T
 A M W J P C Q A N H J A V T A O U I F U Q D H T A T F T L Y
 G M Y U J W G T P H A T E M R K V T A R G O P S L Y X P I B
 L G H K D S T E M O L I L X B Z U K Z S N O R U E N R M Q K
 E K Y G K R B G J Y D O E M O R R D W P O L C R T D B Y H Q
 B C P C W H S P P X L N V W C X C C O L R B N H C V U S G S
 U I D S R S P K I B K E S A E R C E D D R O C L A N I P S A

ALZHEIMER'S
 ATTENTION
 BLOOD HORMONE
 BRAIN WAVES
 BROMOCRIPTINE
 DECREASE
 DEMENTIA
 DIFFICULTY
 DISABLING
 DOPAMINE
 DR. BRUNO

DR. ZIMMERMAN
 ELEVATED LEVEL
 FATIGUE
 LOW LEVELS
 NEUROCHEMICAL
 NEURONS
 OVEREXERTION
 PARALYSIS
 PARKINSON'S
 PHYSICAL
 PROLACTIN

REHABILITATION
 RIGIDITY
 SLOWER
 SPEED
 SPINAL CORD
 SYMPTOM
 TESTS
 THINKING PROBLEM
 TIP-OF-THE-TONGUE
 TREMOR
 WORD FINDING

Answers to puzzle are on page 11.

Happy Birthday



March

Barry Turner - 2
Thelma Tillotson - 4
Tony Tedona - 5
Lavonne Calandra - 7
Glenda Walker - 14
Terri Dunnermann - 18
BJ Vance - 22
Roy Tillotson - 24

April

Fred Davis - 2
Jim O'Kelley - 2
Sissy Morel - 6
Tom Newcomer - 6
Marty Foxx - 8
Stu Robinson - 27
Cornelia Rollins - 27

Condolences



CEPSA would like to offer our condolences to Richard and Linda Graham and their family on the passing of Richard's mother, Shirley A. Graham. Please keep Richard and his family in your thoughts and prayers.

We offer our condolences to Harriett and Dale Merritt on the loss of Harriett's sister-in-law, Dorothy Bradley of Stoughton, Wisconsin. Please keep them in your prayers.

Brackin, Cheryl. Portions of an E-mail to Wanda Clas. 21 Feb. 2012

We offer our condolences and support to Harvey and Skeet Varnadoe on the loss of Harvey's brother, Edward Varnadoe. Please keep them in your prayers.

Member Concerns

Eileen Boyle, Lorraine Frew, Archie Ivey,
Dale Merritt, Ruth Parham, Dot Parkhurst,
Beverley Polin, Charlotte Richter, Penny Smith,
Adrienne Stallworth, Barry Turner and Harvey Varnadoe.
Please keep these members in your prayers.

Quote of the Month

"For each petal on the shamrock.
This brings a wish your way
Good health, good luck, and happiness
For today and every day."

-Author Unknown



Thank You



A "Thank You" e-mail received from our February 25, 2012 Guest Speaker, Lo Cost pharmacist John McKinnon. It reads: *Hi Cheryl, Thank you for your kind words. I really appreciated interacting with your group.*

I always learn something as well from these types of presentations. It allows me to pick up on patient thought processes that may not have occurred to me before.

Regards, John

Brackin, Cheryl. Portions of an E-mail to Wanda Clas. 6 Mar. 2012



A "Thank You" note received from Richard Graham. It reads: *To My CEPSA Family, Every one of you are very special to me. Thanks for the calls, cards, e-mails, visits and beautiful flowers you sent to Linda and me (and not to forget the great basket of fruit that we are enjoying). I love you all. Thank you so much for all your prayers and most of all, the love you've shown towards my family and me. I love you all, Richard Graham*



A "Thank You" note received from Paul Jarvis and Anne Roper. It reads: *Dear members of CEPSA- How grateful we are for your memorial to mom. You all were very special to her. She drew so much life from all of you, and it was her pleasure and her joy to serve you. We are also very thankful for your cards and visits during her stay in the nursing home. We are quite certain you brought good cheer to her! Bless you now and always, Paul Jarvis and Anne Roper*



A "Thank You" card received from Delores McCall. It reads: *"It has been some time since my CEPSA friends gave me a heavy duty electric chair. Three days after Charlotte and Larry delivered it, I broke my leg. So, I haven't been able to enjoy being out in the yard and working in the flower bed. As warm weather gets here, I will be getting more use of it. Thank you so very much for making getting out in the yard possible. Sincerely, Delores."*

The articles, seminars, thoughts, ideas and suggestions mentioned in this newsletter, are provided as a public service and do not express or imply endorsement by CEPSA, CEPSA's THE LIGHTHOUSE or its editors. They are for your information only. Consult with your doctor or health care provider before beginning any new medication, product or program. CEPSA, CEPSA's THE LIGHTHOUSE and its editors do not assume any responsibility for an individual's actions.

Vaccinations Aren't Just For Kids

by Bob Lamendola, Staff Writer

Parents and doctors do a good job making sure children get vaccinations, but only a tiny fraction of adults get their own shots against 14 diseases that can cause serious illness or death, federal health officials said Wednesday.

What's more, fewer than one in five adults in a 2007 survey could even name more than two of the diseases that can be prevented with a vaccine, leading to calls for a sharply renewed effort to promote adult immunization, especially among seniors.

Millions come down with the flu, pneumonia, shingles rashes and other preventable diseases, said Dr. Anne Schuchat, immunization director at the U.S. Centers for Disease Control and Prevention.

"It's a shame that we have these weapons to prevent these devastating diseases and yet so many people are still suffering needlessly," Schuchat said after a news conference. "We really need to get beyond the mentality that vaccines are for kids. Vaccines are for everybody."

About two-thirds of seniors get flu shots every year, below the government's goal of 90 percent, and about 36,000 die from it. Less than 2 percent got the new vaccine against shingles, a painful skin rash that strikes 1 million a year. Two percent are vaccinated for pertussis, or whooping cough, which is reappearing and threatening babies.

Among the reasons: High vaccine costs, busy schedules, misconceptions that vaccines don't work or are unsafe, and most important, lack of awareness. In the survey last year, less than 10 percent knew vaccines existed to prevent sexually transmitted human papilloma virus, meningitis, mumps, diphtheria or shingles, the CDC said. Up to two-thirds said they were not concerned about those diseases.

The shingles vaccine is worth the \$200 cost, said Dan Justino, 87, a Plantation retiree who has had the agonizing condition since 2000.

"Absolutely it's worth it if it works. Anybody who has got shingles would say that. It's awful," Justino said.

The shingles vaccine could prevent 281,000 cases reported each year, officials said.

Whooping cough cases had fallen to a national low of 1,000 in 1976 but have since rebounded to 25,600 per year because the old childhood vaccine wears off over

time.

National authorities said it will take years to reverse the lackadaisical attitude among adults about vaccinations. They said doctors, nurses and hospitals must do a better job promoting the vaccines, and the health system needs to try giving shots in more convenient locations, such as supermarkets, drugstores, shopping malls, airports and nursing homes.



VACCINES RECOMMENDED FOR ADULTS

Herpes zoster: Protects against chickenpox virus reappearing in senior citizens to cause shingles, a painful, persistent skin rash that strikes 1 million per year. Issued in 2006, recommended for all over age 60. Only 1.9 percent have gotten it. Cost: \$167 to \$200.

Varicella: Protects against chickenpox virus, which can be serious in adults. Recommended for adults who have not had the illness. Cost: \$80 and up.

Human papilloma virus: Protects against four common viruses that cause 6 million infections a year, including cervical cancer and genital warts. Issued in 2006, recommended for females ages 11 to 26. Only 10 percent of adults have gotten it. Cost: \$50 for each of three shots.

Measles, mumps, rubella: Protects against three viruses. Recommended for adults born since 1957 who have not had the illnesses. Cost: \$50 to \$100.

Tetanus, diphtheria, pertussis: Protects against three bacteria, including pertussis (whooping cough), which is on the rise and a threat to babies. Recommended for those under 65. Only 2 percent have gotten it. Cost: \$35 to \$70.

Flu: Protects against virus that kills about 36,000 people per year. Shot recommended annually for adults over age 50; nasal spray for other adults. Seventy percent of seniors got vaccine last year. Cost: \$20 to \$30 per year.

Pneumococcal: Protects against bacteria that causes pneumonia and systemic infections and kills 5,000 per year. Recommended for those over 65 or with chronic illnesses. About two-thirds of seniors and 18 percent of other adults have gotten it. Cost: \$26 to \$50.

Hepatitis: Protects against A and B type viruses that cause liver disease. Recommended for those with

Article Continued on Page 11



John McKinnon, R. Ph.

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Savannah GA 31419
(912) 927-1766
Fax (912) 927-9024*

email: jmckinnon@locostpharmacy.com

contraindication may be as simple as taking 2 hours or more apart to more serious as do not take together at all. Unfortunately, this is an area where a majority of pharmacists (myself included) are not intimately familiar with all the supplements, their uses and their contraindication with certain medications. However, we have excellent resources to find the answer, very easily, from pharmacist restricted websites to updated written publications. Most prescription medications' package inserts approved by the FDA, will list known and documented interactions and avoidances with certain supplements. Always ask your pharmacist to look into a concern if it is not readily answered. That is what we are here for.

Questions and Answers from the February 25, 2012 General Meeting.

Questions were submitted by CEPISA members. Answers were submitted by John McKinnon, R. Ph., our February 25, 2012 Guest Speaker.

Q.How much water is "plenty" when the instructions on the Rx say "take with plenty of water?"

A.The standard amount is a minimum of 4 ounces with 8 ounces being ideal.

Q.Is milk considered "food" when instructed to take med with food?

A.Yes, unless dairy products are contraindicated with the medication, i.e. tetracycline antibiotics. Most medications that are recommended to be taken with food, is due to the potential for the medication to upset an empty stomach, and to a lesser extent, some medications need food (milk) present to aid in the absorption of the medication, some older anti fungal medications, i.e. griseofulvin.

Q.What type of meds need to be tapered off and not just stopped?

A.I know Prednisone is one. Of course, Prednisone or any of the oral steroids are the predominant, most common ones most people think about. Almost all the different classes of antidepressants, especially the newer SSRI inhibitor class which includes, Prozac, Lexapro, Celexa, Zoloft, the most common ones in that class. Changing drugs within the class is not typically a reason to taper off, if changing to another drug in the same class, say going from Prozac to Lexapro ,etc.

Q.What are the supplements that may interact with meds adversely?

A.Many people take many supplements and many meds together. This is a difficult area of concern, as a considerable variety of supplements may be contraindicated with a considerable variety of medications. The

Q.What should you do when you have an allergic reaction to a drug?

A.Always go to the ER, call your physician or pharmacist or some other action. The real challenge is defining an allergic reaction. A true anaphylactic allergic reaction, is a medical emergency and requires immediate attention, typically the ER. This is where breathing is or is in danger of being compromised. Fortunately, this is not very common at all. Most typically what is referred to as an "allergic reaction" involves gastric distress (stomach problems) or a mild rash or itching, all of which would require a call to your physician for advice. Certainly, don't ignore them.

Q.Are there any supplements that everyone should always avoid? If yes, which ones.

A.I am not aware of any supplements that would fall into a category that should be completely avoided in all situations. Some of the weight loss supplements in the past, that were determined to be unsafe, were quickly banned by the FDA.

Q.Why are people to avoid grapefruit when taking Lipitor?

A.There is an enzyme in grapefruit (juice and the fruit) that interferes with the process that the statin class of cholesterol lowering agents undergoes in its metabolism. The result is that a much higher level of the drug may build up in the body and result in side effects, most notably the muscle soreness. The problem is not avoiding the two within a few hours, but avoiding them completely.

Q.Are there any prescription drugs/medications which will build muscles back?

A.Naturally, the anabolic steroids that have been around for years, is the first thing that comes to mind, that definitely does that. Of course, they have been banned by most athletic organizations over the entire world. Other than those, most drugs that may help with muscle loss or loss of muscle tone are hormone related. Testosterone in men and women, and new evidence is pointing towards HGH (Human growth hormone) as being the "wonder

drug" for aging and the related decline in muscle tone, etc. Keep in mind that muscle growth requires protein and some form of exercise to properly convert that protein into muscle.

Q.What medications/drugs should post polio survivors NOT take?

A.The most glaring one is the statin class of drugs.

Q.What is the percentage of pharmacies that have a computer data base that can check harmful drug reactions if taking multiple prescribed medications?

A.I would assume close to 100% in this day and age. Most states board of pharmacy mandate that Pharmacies have this capability. I have to honestly say, I would not recommend a pharmacy that did not have that capability as part of their standard operating process. That would be a very risky practice for both the patient and the pharmacist.

Q.Do some inflammatory medications cause swelling of the ankles? If so, why is that? (My Dr. said they did)

A.Most anti-inflammatory medications have the potential. This is due to their effect on fluid retention and causing excess fluid to remain in the body. The primary place this excess fluids collects in most people is in their ankles. Certain anti-inflammatory medications are worse than others in this regard and naturally, not all people react in this manner.

Q.Is there a good internet site for updates in pharmaceutical drugs for high blood pressure, heart medications, etc.?

A.WebMD is a good one. The sites we subscribe to and receive notifications from are the professional practice sites that are restricted to pharmacists and physicians, and require documentation of licensure, before we are allowed access. These are unbiased sources, not supported by pharmacy manufacturers. Many of us trust the pharmacist vs the physicians when it comes to prescribing medications, because the physicians do not have the time to keep up with research and development.

Q.Do you think that the physicians rely too much on the drug sales representatives for the information and updates?

A.Quick answer: some do and some don't. Due to changes in the regulations concerning the marketing practices of pharmacy manufacturers with physicians, their influence is on the decline. There has been a substantial drop in the number of representatives employed by these companies.

Q.Given the adverse reputation that statin drugs supposedly have on polio survivors, i.e., causing further

muscle weakness and pain, is there an alternative drug we could suggest to our physicians? Lipitor is no longer being covered under my Blue Cross/Blue Shield insurance.

A.Considering that there is no other class of drugs as effective on lowering cholesterol as the statins, there are no good choices that bring down the total cholesterol as effectively. There are good choices if it is primarily triglycerides that are a problem, or if the need to change the ratio between the LDL (bad cholesterol component) and HDL (good cholesterol component). The drugs that affect these should not be a concern for polio survivors.

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chronic illness or high-risk factors such as unprotected sex or injection drug use. Cost: \$25 to \$70 for each of two or three shots.

Meningitis: Protects against bacteria that causes brain swelling. Recommended for college students living in dormitories and certain chronically ill adults. Cost: \$90 to \$180.

More information: Consult your physician about all vaccines. U.S. Centers for Disease Control and Prevention at www.cdc.gov/vaccine or 800-311-3435. National Foundation for Infectious Diseases at www.nfid.org or 301-656-0003.

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Answers to "BRAIN POWER" puzzle from page 7.

R B L T R D U A S R K **WORD FINDING** L R T P Q D C V
R V T P Y X M W O N I E **D U D N S W S Y D I S A B L I N G**
U J X K H A M L C S P D C R O A U Y J R O M E R T S J Y R B
I Z B J U Z H G N W F J W H B M Z O Q L B O F I U M W Q V P
E E N W N L O C J W W D L C L R X I W F S C K U T M G D X M
E N I T P I R C O M O R B V Q E U S J V O Q U R I O F W C Y
I A I T N E M E D C W Y D S K M H N M V Y I W Y M S P Q O W
M E L B O R P G N I K N I H T M S Q O N A K L M G J G L F R
A E H Y C U S R Q H S N O S N I K R A P Y E J V C R F J K G
D E E P S M Q R J K N I Q G M Z A V E X Y F A T I G U E Z F
U W Y R W T B W E Y N Q B E L R R F E B Q B Q Q A C A G V N
R B A F T C P X M M N V Y G V D C I N I T C A L O R P I J I
S H Q Y N N U T U P I O W L J V J E O A R F D Q R W A L R Y
M R E W O L S H Y M U E I A W L V U F B C Z E A N U R U E H
R D Y T I D I G I R G J H T E P M G N D K I M N E T A W R F
K K W W T O X B F K H R L Z R F R N E D G N V A U S L B Y X
E D C T N M U T E I P E E P L E E O W A V U E E R D Y B Z F
L O W L E V E L S Y S H V P S A X T N B E E Z T O I S E E N
M T E S T S P T H B E A E U E M U E D H H N L V C F I D Q E
E O E D T M V K E W K B L C V N D H R L H O A H F S T G J
Y J K E A G Y Y V H X I D B A Z D T T E W M C Q E I K Y Z N
H W M I N G H W I C A L E A W W F T K M V R I A M C G Q D W
B B O V R I W S I B T I T I N D W O B O H O S A I U H M I S
B R A J Z I M L B X S T A N I G J P Z J S H Y F C L U O S T
A M W J P C Q A N H J A V T A O U I F U Q D H T A T F T L Y
G M Y U J W G T P H A T E M R K V T A R G O P S L Y X P I B
L G H K D S T E M O L I L X B Z U K Z S N O R U E N R M Q K
E K Y G K R B G J Y D O E M O R R D W P O L C R T D B Y H Q
B C P C W H S P P X L N V W C X C C O L R B N H C V U S G S
U I D S R S P K I B K **E S A E R C E D D R O C L A N I P S A**

CONTRIBUTIONS

The Coastal Empire Polio Survivors Association is a non-profit corporation, which is tax exempt under IRS code 501c(3). We have no paid employees, only volunteers dedicated to helping all polio survivors. Your financial support is appreciated at any level suggested below:

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- * CEPSA Memorial or Honor Gift - any amount
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Name of member

Thank you for your support and encouragement.



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E-mail: CEPSA05@msn.com

Shining Light on Post-Polio Health

CEPSA's next meeting is on
Saturday, March 24, 2012,
10:30 AM
in the Candler Hospital
Heart & Lung Building,
second floor,
conference room.