

## Do What I Do – Not What I Say (Pride Goes Before a Fall)

by Marian Schoeller, Florida Newsletter

I find post-polio people for the most part to be highly intelligent, creative, open-minded, successful, nonjudgmental and resilient. There are too many times when we post-polios (myself included) do not practice the advice we tell other post-polios (especially new members of the group) to follow.

I was amazed to hear the conversations around the table at the most recent PPS meeting I attended. One lady was lamenting about having to put up Christmas decorations. It sounded as if her loving husband was even encouraging her to continue to decorate until the job was finished – while she was standing up and as long as she was there, she may as well.

Another lady who has been a post-polio survivor for many years and has obvious problems ambulating, recently had a bad fall. She continues to try to walk outside her home in situations where she could easily but accidentally be pushed down, slip on wet floors or just stumble, trip and fall. I recall when I was still only using crutches, how terrified I was of slipping and falling especially after it rained and I had to go to the store or an office. The fear of falling began for me after, while walking with a can, I fell and fractured my tibia and fibula (both bones of my weaker lower left leg.)

**I believe that, “a word to the wise” should be sufficient.** But unfortunately that doesn’t always get through. It never fails to surprise me how stubborn we can be. *Is it our ego which prevents us from using mobility aids?*

I know that I tend to push myself and overdo activities when I feel especially rested. I also know I have a huge sweet tooth and really enjoy desserts and will have an alcoholic drink or two. I don’t believe in completely depriving myself of those things I enjoy, but MODERATION is a keyword.

**We need to use our intelligence and think what the long-term consequences** of how we may be putting our health and safety in jeopardy by our unwillingness to put into practice what we’ve learned.

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