

PPS: Is There a Cure?

Just as there is no confirmed etiology, or cause – and thus no definitive laboratory test – there is really no cure at the present time for post-polio syndrome (PPS). There is, however, treatment revolving around a three-pronged rehabilitation approach. Says one expert: “More than 80% of patients with PPS will demonstrate benefit with rehabilitation techniques.”

The three approaches are:

Life-style modifications

1. energy conservation
2. assistive devices
3. non-fatiguing exercise
4. staying warm

Medications and supplements

Though many medications, prescription as well as natural supplements, have been tried, none has been proved to help. There are many anecdotal reports of improvement, but further study is needed. Keep in mind that herbs can interact with prescription medicine, so always let your physician know what you are thinking of taking.

Quality of life

“The strongest medicine that a practitioner can provide to a patient with PPS is education and encouragement... Patients who were better able to make lifestyle modifications (those with better problem-solving skills, more accessible environments, more access to information and support, and a readiness to compensate with assistive devices) adapted better in their daily occupations.” Dr. Susan Perlman.

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