

## **Questions and Answers from Dr. Jacquelin Perry**

### **Question: Can PPS be part of a weakening heart muscle?**

No, PPS cannot be part of a weakening heart muscle. The muscles and nerves to the heart are a different system so there is no direct connection to PPS.

A person can be deconditioned by not being active, but if you are not strong enough to be active your heart does not have to be that conditioned; so don't worry about it. Just don't get fat and do avoid cholesterol!

### **Question: How can a polio survivor control muscle twitching and/or cramping?**

Muscle twitching is a sign of overuse. It can happen to anyone, not just people with PPS. Cramping is also sign of overuse. A polio survivor need to change his lifestyle to avoid overuse of any muscle group.

### **Question: What are your thoughts on hip or knee replacement surgery?**

For an arthritic hip, total joint replacement is just fine if you have the muscles to control it. A polio survivor needs to have about a grade 3+ hip muscles for this surgery to be successful: otherwise the hip will dislocate.

The knee is simpler to handle because it can be put in a brace since it is a tubular structure. There is no brace for the hip.

*Dr. Perry headed up the Rancho Mirage PPS Clinic in California and is one of the "pioneers" of Post-Polio Syndrome studies.*

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