

Issue 140
Summer 2020

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Polio SA

*The post-polio support group
for South Australians*

- ☎ 0466 893 402
- ✉ poliosa.office@gmail.com
- 📍 302 South Road,
Hilton SA 5033
- 🌐 www.poliosa.org.au
- 📘 poliosouthaustralia

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Letters of general interest will be published in future issues as space permits. We reserve the right to edit all letters for reasons of space and clarity. We will withhold your name upon request, but no unsigned letters will be accepted for publication. Opinions expressed in letters do not necessarily reflect the views of Polio SA Inc.

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A year like no other

Greetings members.

Past newsletters have included words from the president. I write as the vice president.

As you know, earlier this year we had the untimely death of long-standing Polio SA president, Brett Howard.

At the recent AGM we elected a new president, Peter Wierenga. What some of you may not know however, is that Peter himself is currently not well but is receiving treatment. I hope I speak for all members in offering him our best wishes and hopes for a speedy recovery.

So, it falls to me to write.

Like many who have, or are, reflecting on 2020, we can say it has

been a year like no other. We've had the bushfires, the floods, the heat waves and of course the Covid 19, and it seems we have survived.

In these reflective moments one of sentiments which stands out for me is the number of people reaching out to others. Covid has certainly changed our patterns of social interaction....

where we meet, whom we meet, how often we

meet. The important thing though is to not stop communicating. At times this may mean physically not meeting people, or meeting with certain restriction. So be it. We must remember that most of us fall into "the vulnerable" category, so do take care. Make it a necessary piece of your daily

reading to access news bulletins and/or computer-based sites to keep yourself abreast of the latest situation. As we have just seen in the last weeks of November things can change very quickly..... what was looking like a smooth ride to Christmas was looking potentially problematic.

But to end on a positive note I would like again to recognise the very generous bequest we received from the estate of former Polio SA, member Bill Green.

Salutations for the yuletide!

Stay safe, stay well.

Nik Surikov



A first hand experience of platelet-rich plasma treatment

By Lynda Shaw

I am a 65-year-old lady originally from Ghana, West Africa, but I have been living in Australia since 1980. I contracted polio at one year of age. The polio severely damaged muscles on the right side of my body, especially my leg. As a consequence, I have a pronounced limp and since 2000, walk with the aid of a walking stick.

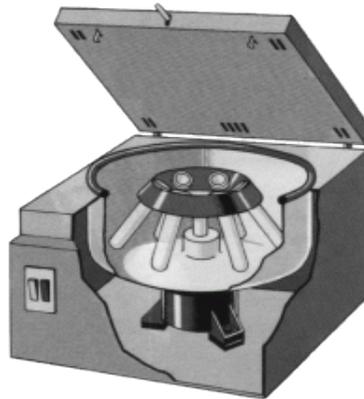
I have suffered pain in my left, unaffected, hip for the last seven years resulting from the increased stress placed on that hip through having to perform most of the weight bearing requirements when standing and walking.

I was receiving cortisone injections annually as part of accepted medical treatment to relieve hip pain stemming from wear and tear caused by overuse. However, as advised by my doctor, the cortisone was only a medium term solution being as it only masked the pain and tended to lead to continued overuse of the affected area and ultimately further damage.

The eventual requirement would be for a hip replacement.

A couple of years ago a friend told me about an innovative treatment known as Platelet Rich

Plasma (PRP) and suggested that I should try it for my hip pain. After making an appointment at the Wakefield Sports Clinic I waited eight months to meet with Dr Ramona Chryssidis, one of very few doctors specialising in this treatment in South Australia.



The centrifuge

The PRP is derived by centrifuging a sample of the patient's own blood to concentrate

platelets. The PRP is then injected, with the aid of an ultrasound to the identified areas of

tissue damage. It is believed that the platelets secrete substances called growth factors and

other proteins that regulate cell division and stimulate tissue

regeneration to promote healing and accelerate the healing of injured (affected) tendon, ligaments, muscles, joints etc.

I had my first treatment in April 2019 and within a matter of days I noticed that I could get up from a sitting position easily and without pain. Prior to the PRP treatment I took Meloxicam (Mobic), a prescription anti-inflammatory medication, almost daily and paracetamol in between. However, since the treatment I rarely take any medication at all.

I have since had a second series of injections of PRP (at my insistence) prior to a road trip to

Queensland in December 2019 to be sure I would be ok for the long trip.

In May this year (2020) I had a top up of Medical Glucose injections (via ultrasound) as recommended by Dr Chryssidis because I was experiencing mild ache in the hip. The glucose is understood to re-activate the previous injection and stimulate the body's natural healing process, and it did just that.

I can honestly say this treatment worked for me and would highly recommend that others with similar issues consider trying it.

Nik tells a similar story

A recent conversation with my physio, suggested that the reason PRP works is that it helps in joints, rather than muscle or tendons, with osteo-arthritis.

Ergo, knees and shoulders!

I have mine done at Symons and Fowler in Hutt Street. Shaun Fowler is the man.

Smart Health and Training, on Richmond Road [82931100] offer it as well. the practitioner is Ramona Chryssidis.

Readers probably should also go to the internet and look for "platelet rich plasma treatment." There is information there, some very scientific.

When people talk to their doctor, they should not be put off by a negative response. Some doctors are just unaware of this treatment and don't know better.

The beauty of the treatment is that there is nothing foreign or chemical being pumped in....it is all from one's own blood.

Having said all of the above, there is a caveat..... PRP is not a 100% panacea for all.

The only way to find out if it is suitable, is to try it !

An old Russian saying says: "if one doesn't jump in the water, one doesn't get wet!"

Hope this helps.

Cheers, Nik Surikov

From a tutu, to the library, MI5 and Adelaide.

Anne's *classical* story of determination

I contracted polio during the epidemic in the UK in 1952 when I was 19. At the time I was at classical ballet school in London preparing for my final exams. My symptoms were severe back pain and stiffness in my legs so, no more dance classes.

After a few weeks of not knowing what ailed me, I went to see a specialist in my home city of Oxford. It was he who diagnosed Polio and arranged for me to go into hospital.

I spent about two months at the Wingfield Orthopaedic Hospital in Oxford receiving treatment in the way of swimming (being lowered into the pool and raised out of it by a sort of metal crane!) and other exercises. It soon became obvious that fortunately I had quite a mild case as my fellow-patients had much less movement than me, and many were in iron lungs.

It became quite clear that I would not grace the stage as a classical dancer, but I recovered enough to pass my exams as a teacher and went on to teach ballet part-time for the next 25 years. I was limited in what I could do myself – no elevation meant I could not perform all the movements but made use of a senior student, and a morning's teaching saw me pretty whacked!

Part-time teaching ballet was not enough to sustain me in an independent life in London, so I worked at various other jobs over the next 30 or so years. I really have had a very exciting and varied career since those far-off days of 1952.

I started to train as a librarian but found that a bit boring – a girlfriend

persuaded me to try for a clerical job at the War Office and when I was accepted as a filing clerk (very lowly pay!) I discovered I would be working for MI5!

And so there I stayed until 1957 when my daughter was born. When she was five years old and her little brother was only nine months, we all moved to a new life in Australia, first in Sydney for two years and then settling permanently in South Australia.



We lived in the Adelaide foothills and with both children now at school I started my own ballet school, being still quite physically strong, though elevation did not come back, and I could never run.

It must have been in about the early 1980s that I began to realise some things were hard work, such as climbing up onto a chair or putting on tights! Then I heard something on radio about people who were getting polio-like symptoms again after many

years. And so, very slowly, which was lucky for me, my physical strength began to deteriorate. My GP at the time had no knowledge of post-polio or Late Effects of Polio and, being in the country, there did not seem to be any help available. Luckily, I discovered Polio Oz online and Polio SA and realised I am only one of many thousands of polio survivors.

It seems grossly unfair and discriminatory to me that polio survivors over the age of 65 are not eligible for any benefits under the NDIS. WHY has our section of society been excluded? Is the government just waiting for us to disappear as we surely will?

I am now 86 and limited in movement but still enjoy a full life. I use a stick outside the house and trekking poles for short walks. Quite soon I will probably need a more expensive mobility aid, such as a scooter or powered wheelchair, but that will be very difficult without some government help.

I am very lucky in that my husband is an immense help to me and does far more than his share of household chores.

We both enjoy short walks and drives around our lovely corner of South Australia. It has been very enlightening and rewarding to participate in some ZOOM and webinar sessions, organised by Polio Oz and Polio SA recently and I feel I have made new friends right around the country.

Anne Weddle

Thank you to all our members who attended our AGM in September 2020. Thank you to all our committee members and special thanks to our guest speaker's Dr Nigel Quadros & TADSA. Technology for Ageing and Disability South Australia.



These are details of our committee that was decided at the Polio SA Inc AGM 27th September 2020

Peter Wierenga President/Treasurer

Nik Surikov Vice President

Helen Leach Secretary/Community & Membership Officer

Jo Gordon

Ron Blackwell

Trevor Jessop

Julia Greeneklee

Charles Greeneklee

Pam Stace

Update from Polio Australia

Hello to our South Australian friends. *What an interesting few weeks you've had!*

We hope you're all safe and well and looking forward to the festive season.

Health Professional Education

Michael is continuing to do online sessions for health professionals, including a session on the 12th of January.

To view the list of sessions, go to www.poliohealth.org.au/workshops/

and encourage your health professionals to attend!

An in-person workshop was scheduled for December, but unfortunately had to be cancelled due to the coronavirus outbreak.

Please watch for updates at www.poliohealth.org.au/workshops/

Polio Survivor Community

We have continued to meet virtually over the last few months. This has been a great way to connect while we've been unable to travel. To view upcoming sessions, go to www.polioaustralia.org.au/community-information-sessions/

But 2021 is a whole new year, and we're very hopeful we can do some in-person sessions in SA! We will begin to organise these in the new year thanks to a grant we received jointly with Polio SA from Grants SA.

If you particularly want us to

come to your area, or you have a venue suggestion, please get in touch.

Polio Awareness Month

We had a great Polio Awareness Month in October – weekly Zoom chats, a “treasure hunt”, and some media exposure to raise awareness of the Late Effects of Polio. For a summary of the month's activities, and to view an excellent Polio Awareness Month timeline slideshow, go to www.polioaustralia.org.au/polio-awareness-month

Best wishes to you all for the season.

From the Polio Australia team

Polio Australia
Representing polio survivors throughout Australia

Congratulations Gillian

As President and Business Manager of Polio Australia, and President of Polio NSW. Gillian Thomas won Senior Volunteer of the Year in her region for the Centre of Volunteering's NSW Volunteer Awards!



Gillian was nominated along with a very long list of impressive volunteers. We are so happy they were able to recognise her impressive efforts among this honourable competition. And let's hope this win helps to raise the profile of the polio community in NSW and across the country !

Many Congratulations to Polio SA Member Terry Haighton



Many Congratulations goes to Terry Haighton in recognition of receiving in the Queen's Birthday awards this year, the SA Premier's Award in recognition for outstanding volunteer service. Terry helps her community especially the elderly and helps at Christmas celebrations within the Onkaparinga council area. Terry while working full time, used to also spend hours per week including week-ends cleaning away "Graffiti" around her local area



Hydro sessions

While most of the sessions have been cancelled for most of this year. There is a hydro session running at ECH Walkerville on Fridays at this stage at 9am very limited numbers but if anyone is interested call the office on 0466 893 402 or email poliosa.office@gmail.com

Members for \$20 per financial year are entitled to Massage vouchers 12 this financial year.

Also, hydro sessions usually north & south of the city but due to coronavirus these sessions have not been available. We will inform members when they will be next operational



THE WORLD NEEDS MORE #ROTARIANS

We recently attended a meeting with West Torrens Rotary Club, Ron Blackwell (Polio SA committee member) and his wife Ray. Helen Leach (Polio SA community & membership officer).

It was a very enjoyable evening, and we did a guest talk on Polio SA and Ron about his Polio experience. The members were attentive, and we thank them for their time.

We have been invited along to other events with Rotary also but due to coronavirus situation they had to be cancelled. We look forward to more collaboration with Rotary.

Also, you can check out the Rotary Ute travelling around details are on their Facebook page

<https://www.facebook.com/PolioUteRelay>

Over 80 Rotary clubs in the district will be involved as they hold events along the route, designed to encourage community participation and involvement. There is also a raffle with tickets sold by all Clubs.

The ute will start its journey in Alice Springs on World Polio Day 24th October wending its way back to SA, possibly to Broken Hill then back to SA, ending in Adelaide on December 19 with the raffle draw.



**Do you have a story
to share?**

Our members love to hear other survivor's stories - whether you contracted polio in Australia or overseas. If you want to share your story please contact us at:

✉ poliosa.office@gmail.com

📍 The editor, Polio SA, 302 South Road, Hilton SA 5033

Polio SA Inc

The Post-Polio Support Group
302 South Rd
Hilton SA 5033



Subscription Renewal Form (due on July 1st for 2020/21 membership)

Annual Subscription

\$20 Individual Member

\$25 Member and Carer

\$25 Organisation

ORGANISATION (if applicable):

SURNAME (Dr / Mr / Mrs / Ms / Miss)

GIVEN NAME:

ADDRESS:

.....

POSTCODE EMAIL.....

PHONE No. MOBILE No.....

Please sign below to meet Government Privacy Act Requirement

I consent to Polio SA Inc. retaining the above details until I cease to be a member of this group

Signature Required

Methods to Pay Subscriptions

Personal cheque made out to Polio SA Inc. to accompany this form.

Postal order made out to Polio SA Inc. to accompany this form.

Bank Transfer at your local branch or on the internet (subscription form must still be returned)

BSB Number: 105-084

Account Number: 326443840

Description: Polio SA + Surname

(Sorry plastic no longer accepted)

(No receipt will be issued unless requested

I have enclosed a subscription of \$.....

and self stamped addressed envelope enclosed.)

I have enclosed a donation of \$.....

Post this form to: Polio SA , 302 South Rd, HILTON SA 5033

Notice Board

Psychologist

We have been doing some research on accessing Psychology services

We received an email from Matthew Smout he is the chair of the SA section of the Australian Psychology Society. Basically, explaining under a mental health care plan, you would be entitled to 10 sessions and also under a chronic disease management plan it would be 5 sessions, totally dependent whether the psychologist bulk bills in regard to cost. In the recent budget under the better access initiative there is 10 more additional sessions available under a mental health care plan, but you must have an existing plan already.

Details from Matthews email below

I can recommend is to let your members know about the find-a-psychologist service the APS runs: <https://www.psychology.org.au/Find-a-Psychologist>

Here, the person can search for psychologists likely to have the expertise to assist – e.g., “general health > chronic disease management”

The cost for services can vary by practitioner depending on whether they charge a gap and how much.

However, your members should be able to access a psychologist under a Chronic Disease Management plan which their GP can coordinate: <https://www.psychology.org.au/for-the-public/Medicare-rebates-psychological-services/FAQ-chronic-disease-management-psych-services>

If your members also have a diagnosable mental health disorder, they may also access a psychologist under a mental health plan from their GP: <https://www.psychology.org.au/for-the-public/Medicare-rebates-psychological-services/Medicare-FAQs-for-the-public>

If the psychologist bulk bills, the entire cost of the session would be covered, otherwise there would be a gap which varies across practitioners.

Your members' private health insurance might also cover parts of the cost of sessions; they would need to check with their fund but private health cover won't cover gap fees for Medicare-billed sessions.

Grant funding for Polio SA

Our grant for providing services and the building we share with other charities at 302 South Rd Hilton SA 5033. The grant expires on 30th June 2021.

The committee is at present pursuing avenues to hopefully provide funding going forward . We have had a few meetings with representatives from Dept of Human Services. We are awaiting a further update from them.

We will keep you informed of the outcome.

Room For Thought

- **It was a real pain canceling my gym membership.** *They made me hand in a too weak notice.*
- **I quit my gym membership today.** It felt like a huge weight was lifted off my shoulders.
- **What do Santa's little helpers learn at school?** The elf-abet!
- **What did Adam say the day before Christmas?** "It's Christmas, Eve!"



- **What did the stamp say to the Christmas card?** Stick with me and we'll go places!
- **A New Year's resolution is something that goes in one year and out the other.**
- **Dear God, my prayer for 2021 is a FAT bank account and a THIN body.** Please don't mix it up like you did this year.
- **I was going to quit drinking for the new year.** But then I remembered no one likes a quitter
- **What do you cows celebrate on December 31st?** Moo Years Eve.

Newsletter contributions

Do you have a story to share?

Write a letter to the editor.

Articles can be sent to us via email or post.

 poliosa.office@gmail.com

 To the editor, Polio SA, 302 South Road, Hilton SA 5033

Articles for the next issue are due to the editor by 15th February 2021.

Polio SA Inc office

We love hearing from our members. Whether you have post-polio symptoms or if you require information, call us on:

 **0466 893 402**

Please keep in mind that our office hours are currently unpredictable. If you wish to visit our office, please telephone ahead. Our office phone is redirected to a committee member.



Dr Nigel Quadros

Queen Elizabeth Hospital
Level 8b, Woodville Road
Woodville SA 5011
Phone: 8222 7322
nigel.quadros@health.sa.gov.au

Dr Nigel is Director of Rehabilitation Services at the Queen Elizabeth Hospital and St Margaret's Rehabilitation Hospital and also a Senior Clinical Lecturer at the University of Adelaide Healthcare. He is a Fellow of the AFRM (RACP). His areas of interest include stroke and general neurological rehabilitation, amputee rehabilitation, pain management, management of post-polio syndrome, and Continuing Professional Development.

A referral from your local GP is required for appointments. Dr Quadros can arrange assessment by their physiotherapist and orthotic department and any tests as required. If you have any specific questions you can email him directly.

When visiting Dr Nigel, take the lift to the 8th floor in the main building and follow the signage for 8b.

Member Services

If you are interested in any of our services ring office 0466 893 402 and ask for vouchers. There is a limit of 4 vouchers per person with a maximum value of \$40 per voucher. Remember you must be a paid up member to receive vouchers.

City

PhysioXtra

115-117 Pirie Street,
Adelaide SA 5000
Phone: (08) 7221 9110

Eastern suburbs and Hills

TOORAK GARDENS

The Physio Clinic

Godfree House,
2 Moore St, Toorak
Gardens SA 5065
Phone: (08) 8342 1233

NORWOOD

PhysioXtra

Suite 1/39 Clarke Street,
Norwood SA 5067
Phone: (08) 7221 9289

PhysioXtra

110 Magill Road,
Norwood SA 5067
Phone: (08) 8331 7586

NAIRNE

John Kirkwood Polio Practitioner

19 Federation Way,
Nairne SA 5252
Phone: 0410 779 159

Northern suburbs

ELIZABETH

Richard Barker Physio
2 Burgate St
Elizabeth Grove SA 5112
& 3 Tolmer Rd Elizabeth
Park Phone: 0438826517
(state from Polio SA when
booking)

ROYSTON PARK

Magic Hands Massage Centre – Carrol Morgan

Sports & Remedial Mas-
sage, Reiki, Aromatherapy,
Foot Reflexology, Neu-
ralign

254 Payneham Road,
Royston Park SA 5070
Mobile: 0409 097 080
Phone: (08) 8390 1206

GOLDEN GROVE

Golden Grove Family Health – Diane Preston Massage Therapist

205 The Golden Way,
Golden Grove SA 5125
Phone: (08) 8289 1222
Fax: (08) 8289 1255

NORTH EASTERN SUBURBS

Mobile Massage

This can only be done on
certain days and takes
around 3-4 clients a day.

Preference given to house
bound and the more handi-
capped person.

Arrangements to be made
with Reeve Brice
Phone: (08) 7423 7162
Mobile: 0412 866 096

PARALOWIE

Wax on wax off by Gen

10 Airdrie Ave
Parafield Gardens SA
5107
Phone: 0430 867 248

Southern suburbs

HALLETT COVE

PhysioXtra

1/1 Zwerner Drive,
Hallett Cove SA 5158
Phone: (08) 8387 2155

MARION

PhysioXtra

724 Marion Road,
Marion SA 5043
Phone: (08) 8357 4988

MORPHETT VALE

Hands on Health Massage – Jimmy Kucera

Shop 7, 20 Taylors Ave,
Morphett Vale SA 5162
Phone: (08) 8325 3377
Plenty of car parking.
Flexible times.

REYNELLA

South Side Health Care

Noarlunga Aquatic
Centre Complex,
Reynella SA 5161
Phone: (08) 8382 2255

UNLEY

Unley Medical Centre Unley Physiotherapy

160 Unley Road,
Unley SA 5061
Phone: (08) 8373 2132
Car parking off Mary Street
is accessible. Facilities
include a disabled toilet
and wheelchair access.

Western suburbs

HENLEY BEACH

Massage Therapist, Pilates & Physiotherapy

506 Henley Beach Road
Fulham SA 5024
Phone: (08) 8356 1000

SEMAPHORE

Bruce Harrison

100 Semaphore Road
Semaphore SA 5019
Mobile: 0402 337 382
bruce_harrison@aapt.net.au

WOODVILLE SOUTH

The Physio Clinic

2/95 Findon Road
Woodville South SA 5011
Phone: (08) 8342 1233

Outer metro

GAWLER

Physio-Wise

Phone: (08) 8522 6611
Australian Physiotherapy
Association Member

LYNDOCH

Physio-Wise

Phone: (08) 8524 5094
Australian Physiotherapy
Association Member

Regional

PORT ELLIOT

PhysioXtra

39 North Terrace,
Port Elliot SA 5212
Phone: (08) 8554 2530

STREAKY BAY

Tahlia Gosling

Remedial Massage
19 Alfred Terrace,
Streaky Bay SA 5680

Change of address

If you have changed your address recently, please fill out the following and mail to the office at:

**Secretary
Polio SA
302 South Road, Hilton SA 5033**

Please supply your email address if you would like to join our database and receive email newsletters in future.

Old details

Name _____

Street _____

Suburb/Town _____

Postcode _____

Phone number _____

Email _____

Name _____

Street _____

Suburb/Town _____

Postcode _____

Phone number _____

Email _____

New details



If unclaimed, please return to:

**Secretary
Polio SA
302 South Road,
Hilton SA 5033**

AFFIX
STAMP
HERE

Please send all mail to:

**Secretary
Polio SA
302 South Road,
Hilton SA 5033**