

*Issue 131  
Spring 2018*

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## Polio SA

*The post-polio support group  
for South Australians*

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Disclaimer: Polio SA Inc. assumes no responsibility for any treatment undertaken by readers of this newsletter. Any advice, either explicit, or implied is not intended to replace qualified medical advice.

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.

Polio SA inc. does not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles do not necessarily reflect the views or policy of Polio SA Inc.

## From the President

I am pleased that Spring is just around the corner the cold of winter has been bone chilling for me this year.

The AGM for Polio SA was attended by over 25 members and friends who saw the Committee reappointed with one change. Mr. Nik Surikov did not nominate for another year, but Jo Gordon has nominated and will join the Committee. Thank you very much Jo. I would like to take this opportunity to thank Nik for his enthusiasm in promoting Polio SA; in particular increasing awareness of post-polio syndrome with politicians.

At the AGM we were fortunate enough for Dr. Nigel Quadros to update on his and Dr. Sivam's Sarcopenia Study. Nigel was then kind enough to draw the names of the two members who won tickets to Polio Australia's Health and Wellness Retreat. Congratulations to both Margaret Leonello and Kim Duong, a new member. I look forward to seeing you both as well as other members at the Stamford Grand, Glenelg in October. We then retired for "afternoon tea", after which everyone enjoyed for the screening of "Breathe". All in all a good day for our members who attended.

There may be an opportunity for a second hydrotherapy session to be held at the pool at the Repat Hospital, Daw Park. For this to happen Polio SA needs to have a definite assurance from members that they would attend these sessions. If you wish to attend the hydrotherapy session please email: poliosa.office@gmail.com or leave a voicemail on 0466 893 402 before October 15th. The committee will then discuss the feasibility at the next meeting and will advise you of the outcome.

Paul Cavendish will be hosting another information session for polio survivors on the 6th October at Glenunga Hub. This is new information, so whether you attended the May information session or not you will find attending invaluable. There are only 60 places available so registration is essential, full details follow on page 2.

The 10-year anniversary "Walk With Me" event will be on Thursday 11th October at 3:00pm. The walk will begin from the front of the Stamford Grand Hotel in Glenelg and the group will walk along with esplanade.

Please come along and join in or feel free to sponsor a participant.

**Brett Howard, President, Polio SA**  
**bihoward@bigpond.com | 0403 339 814**

# LATE EFFECTS OF POLIO

## INFORMATION SESSION

### HEAR FROM KEY PROFESSIONALS SPECIFICALLY ADDRESSING THE NEEDS OF POLIO SURVIVORS:

How is medical management necessary?  
What should I expect from an Occupational Therapist or Physiotheapist?  
How much exercise or activity is safe?  
What is the National Disability Insurance Scheme (NDIS)?  
How does My Aged Care work for me?

### WHAT ARE THE LATE EFFECTS OF POLIO (LEOP)?

The LEOp (including Post-Polio Syndrome) can cause symptoms such as fatigue, new or increased muscle weakness, pain, sleep problems and difficulty with breathing or swallowing.

Presented by...

**Polio Australia**

**Polio SA**

### DATE

Saturday 6th October 2018

### TIME

1.30pm - 3.30pm

### VENUE

Margaret Bond Room 2  
Glenunga Hub  
70 Conyngham Street, Glenunga

### REGISTER

#### ONLINE:

[www.bit.ly/InfoSessionAdelaide0610](http://www.bit.ly/InfoSessionAdelaide0610)

PHONE: 0466 719 013

EMAIL: [paul@polioaustralia.org.au](mailto:paul@polioaustralia.org.au)

## Help your health professionals help you:

*Invite them to Polio Australia's Clinical Practice Workshops!*

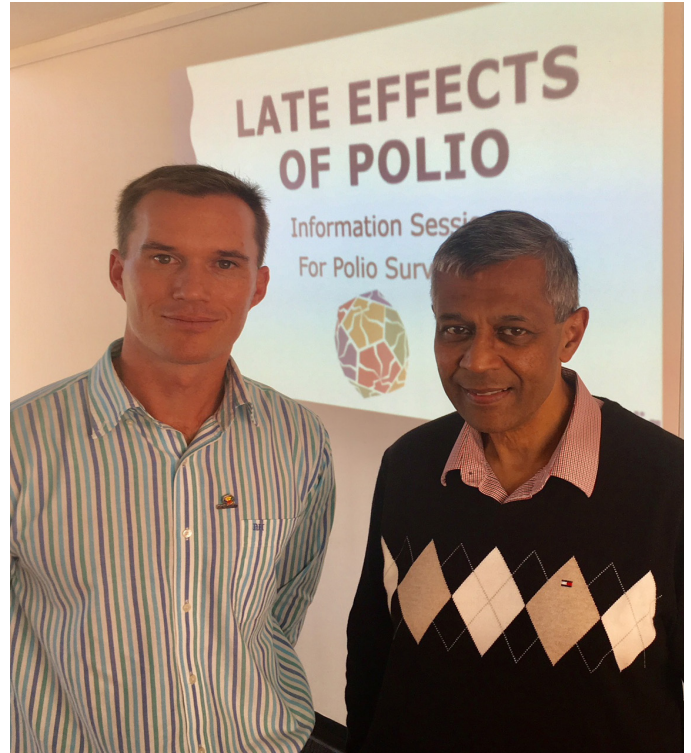
In addition to the general information session (see advertisement on facing page), Polio Australia are hosting clinical workshops especially for allied and other health professionals.

Simply cut out the information sheet below and give it to your health professional, or invite them to book online at [www.poliohealth.org.au/workshops](http://www.poliohealth.org.au/workshops)

The workshops are suitable for:

- General Practitioners
- Physiotherapists
- Occupational therapists
- Orthotists
- Exercise physiologists
- Nurses
- Podiatrists
- Speech pathologists
- Social workers
- Case managers

...and anyone else interested in knowing more about the Post-Polio body.



## THE LATE EFFECTS OF POLIO AND POST-POLIO SYNDROME Clinical Practice Workshops

Driven by best-practice research, Paul Cavendish, Polio Australia's Clinical Health Educator, delivers free workshops designed for allied and other health practitioners to learn about the Late Effect of Polio and Post-Polio Syndrome.

Attendees earn CPD hours and after completing training, can nominate as a preferred "LEoP Practitioner" on the Polio Australia Interdisciplinary Post-Polio Health Professionals Register.

For more information and to book visit [www.poliohealth.org.au/workshops](http://www.poliohealth.org.au/workshops)

### Attendees will learn about:

- What is Polio?
- Demystifying Late Effects of Polio and Post-Polio Syndrome
- Clinical Presentation and Screening
- The Ageing Polio Population
- The Management Team
- Practical Strategies
- A Late Effects of Polio Case Study

# Did the Polio Vaccine Cause Cancer? *By Vanessa Schipani*

*This article was published online:  
<https://www.factcheck.org/2018/04/did-the-polio-vaccine-cause-cancer/>*

## **Question:**

**Were people infected with cancer through the polio vaccine?**

## **Answer:**

Many of our readers have asked us whether people have developed cancer because they received the polio vaccine. Facebook users also have flagged stories on this topic as potentially false. The bottom line: It's highly unlikely that the lots of polio vaccine contaminated in the '50s and '60s have caused anyone to develop cancer.

Polio, or poliomyelitis, is a disease caused by the poliovirus. About 1 in 200 people who contract the virus develop the disease, which involves loss of movement in the limbs, explains the Centers for Disease Control and Prevention.

Nearly 3 out of 4 people who catch the virus have no symptoms. About 1 in 4 experience less severe symptoms, such as a sore throat, tiredness, nausea or fever. In rare cases, the virus can cause death. Immobility can also occur decades after a person seems to recover from the infection, says the CDC. Experts classify this as an illness different from polio, namely post-polio syndrome. Between 25 percent and 40 percent of "polio survivors" develop this syndrome.

In 1954 — the year before the polio vaccine became widely available — the U.S. saw more than 18,000 reported cases of paralytic polio and more than 1,000 deaths due to the virus, according to the CDC. By 1964, those numbers had dropped to 106 and 17, respectively.

Because of the vaccine, the U.S. has been virtually "polio-free" for 30 years, says the CDC, though "the disease still occurs in other parts of the world."



The agency still recommends that children get four doses of the polio vaccine, each of which increases immunity to the virus.

In 2016, 93.7 percent of children under 3 years old had received at least three doses of the vaccine. The CDC says children should get the fourth dose between the ages of 4 and 6.

To develop the vaccine, the epidemiologist and physician Jonas Salk, who died in 1995, grew the poliovirus in a culture (think, petri

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***"In 2002, a committee at the National Academies' Institute of Medicine ...found "that the evidence was inadequate to conclude whether or not the contaminated polio vaccine caused cancer."***

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dish) of monkey kidney cells. He then used a chemical called formalin to kill the virus, rendering it unable to cause polio. When this dead virus is introduced into people's bodies, it teaches their immune systems how to build up defenses against the virus. In this way, the polio vaccine, like other vaccines, shows the body how to develop the tools it needs to fight off the live virus, if exposed to it.

But in the early years of the vaccine's administration, two unexpected issues occurred. In 1955, some lots of the vaccine produced by one company actually contained live poliovirus, explains the CDC. This led to more than 250 cases of the disease polio and 10 deaths.

The second incident pertains to our readers' questions. In 1960, scientists discovered that some of the monkey kidney cells used to make the polio vaccines were contaminated with simian virus 40. For monkeys, this virus is harmless, producing no symptoms. But in high doses, SV40 can cause cancer in rodents.

Starting in 1961, authorities required new lots of polio vaccines to be free of SV40. Still, many vaccines produced prior to this year weren't recalled. Altogether, scientists estimate that around 100 million U.S. residents received one or more doses of the polio vaccine between 1954 and 1963, including those who were vaccinated during a clinical trial in 1954.

To be clear, not all of the vaccines given to people during this period were contaminated with SV40.

Out of those that were, the formalin used to kill the poliovirus killed all or most of the SV40 as well, explained

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Keerti Shah, now a professor emeritus of molecular microbiology and immunology at Johns Hopkins University, in a 2006 review.

Published in the *International Journal of Cancer*, the review adds that the number of people truly at risk — those exposed to live SV40 remains unknown.

### Research on SV40

Since the 1960s, scientists have continued to research the relationship between the polio virus, SV40 and cancer.

In 2002, a committee at the National Academies' Institute of Medicine (now the National Academy of Medicine) reviewed the available research on the subject and found "that the evidence was inadequate to conclude whether or not the contaminated polio vaccine caused cancer." Why did the committee make that decision?

Studies had consistently shown that people who received the polio vaccine in the 1950s and 1960s had no increased risk of cancer, but these studies had "substantial limitations," the committee said. For example, these studies were "ecologic," the report explained. Ecologic studies look at groups — in this case, people who received the polio vaccine in the 1950s and 1960s — not individuals.

If the polio vaccine contaminated with SV40 did cause cancer, scientists would expect to see an increased risk of cancer in the population of people who received the vaccine. But just because they didn't find this effect in the group doesn't rule out the possibility that some select individuals did develop cancer because of the vaccine.

Given the inconclusiveness of this research, the committee looked at other lines of evidence to elucidate whether SV40 can cause cancer in humans. For example, the committee found that studies have shown that the virus can cause cancer in rodents.

But just because a virus causes cancer in lab rodents doesn't mean it can cause cancer in humans. How viruses affect one species is not necessarily how they affect others.

The committee also found that studies have shown that SV40 can "transform" human cells in a culture — that is, cells in a petri dish, not in the body. This means the virus can change genetic material within human cells, a process that's necessary for a person to develop cancer from the virus. But this is still not enough evidence to definitively say SV40 causes cancer in humans — how a virus affects cells outside of the body may not be how it affects cells within the human body.

The report also pointed to some studies that have found the genetic material of SV40 within human tumors. But again, the "detection of SV40 in tumors does not, by itself, demonstrate a causal relationship," the report explained. "SV40 could be a passenger virus, infecting the cells but causing no pathology."

The National Academies' report concluded that — even if researchers do uncover conclusive evidence for a causal link between the polio vaccine and cancer in the future — evidence accumulated up to 2002 is "sufficiently robust to suggest that the relative contribution of SV40 to overall risk would have to be small."

Research published since 2002 has only swayed the scientific pendulum toward a lack of a causal link, says Shah at Johns Hopkins. In his 2006 review of the literature, Shah concluded that research published since the 2002 committee's report "does not support the notion that SV40 contributed to the development of human cancers."

For one, studies that found the genetic material of SV40 in human tumors were likely "false positives," he wrote in his paper published in the *International Journal of Cancer*. Shah also pointed out that four additional studies published since 2002 found no link between those who may have been exposed to SV40 via the polio

vaccine and a higher prevalence of cancer.

Like the 2002 report, Shah said that "these data by themselves do not disprove the role of SV40 in human cancer because the exposure to SV40 by the vaccine is not known at the level of the individual." But given this more recent research, it's "very likely that SV40" is "not linked to any human cancer," he concluded.

As we pointed out last July when we wrote about a controversial European Union court decision about vaccines, it's difficult, if not impossible, for scientists to definitively rule out that a vaccine causes a disease. We cited a 2012 report by the Institute of Medicine at the National Academies on vaccine safety to support that point. The report states that it's "virtually impossible to prove the absence of a relationship with the same certainty that is possible in establishing the presence of one." Why? Because "studies may not rule out the possibility that the reaction is caused by vaccine in a subset of individuals," the report explains.

This argument also applies to the case of the polio vaccine and cancer — evidence suggests the contaminated vaccine in the 1950s and 1960s doesn't cause cancer, but it's difficult for scientists to rule out the possibility that it may have done so in a handful of people.

*Bruno Bytes April, 2018*  
*Dr. Richard L. Bruno, MD, PhD*  
[www.papolionetwork.org](http://www.papolionetwork.org)

# Flu, Fatigue and Post-Polio Syndrome

Dr. William DeMayo, MD - DeMayo's Q & A Clinic

This article was published online in <http://www.papolionetwork.org/demayos-q--a-clinic.html>

## Question:

I was diagnosed with the flu in early February. I had extreme fatigue for a full month.

Yesterday, I spent a full day in the E.R...Nothing except dehydration showed up on tests. Could this be post-polio syndrome fatigue, along with fatigue from flu and a secondary infection? How long will I have to deal with this?

## Answer:

To provide a specific clinical answer to the above, much further information would be needed, including information regarding age, prior diagnosis of post-polio syndrome, level of disability, medications, sleep patterns, and other diagnoses. The question does, however, provide the opportunity to talk about the issue of fatigue and post-polio syndrome.

First, is important once again to remember that the diagnosis of post-polio syndrome is a diagnosis of exclusion. Therefore, all other causes of symptoms such as fatigue, would need to be excluded before concluding the cause is post-polio syndrome. It is interesting that many patients and clinicians jump to the conclusion that post-polio syndrome is the cause of fatigue, when in fact this is one of the few causes of fatigue that has no specific treatment. As a rehabilitation physician, I am always focused on issues that we can do something about and pay less attention to the things that are not under our control. Therefore, I will use this opportunity to focus on some of the many causes of fatigue that are treatable.

Secondly, the word "fatigue" can be used in a variety of contexts. One can complain of physical fatigue, including a sense of exhaustion or feeling physically drained. Additionally, emotional fatigue can

## COUNTERTHINK



occur over time due to a variety of stressors and contribute to a feeling of being weary/worn out.

Some individuals can also experience cognitive fatigue as the brain simply does not process information as efficiently over time. For purposes of this article we will lump these together, but when reporting symptoms to a clinician, it is sometimes important to be very specific.

Here is a partial list of some of the most common causes of fatigue:

**Insomnia** (lack of restorative sleep). Lack of appropriate duration OR quality of sleep can lead to somnolence (an intense feeling of sleepiness).

Chronic lack of restorative sleep can be a major contribution to physical, emotional and cognitive fatigue. Poor sleep habits, sleep apnea, restless leg syndrome, medications, pain,

and other factors can compound this problem.

**Depression/anxiety/stress** These common causes of fatigue are often overlooked or unaddressed.

**Medications** Always check with your pharmacist regarding side effects of medications you are taking.

**Over activity or "Overdoing it"** Does this sound like anyone you know? This is certainly not an uncommon issue in the polio population.

**Under activity and deconditioning** This is a problem that is not unusual for individuals who adhere strongly to the "conserve to preserve" \* mentality. At the same time, it is also a problem for many individuals who regularly "overdo it" causing so much pain that they then need to "rest" for prolonged periods of time.

## Medical issues

- Infection - either bacterial or viral
- Dehydration
- Endocrine problems
  - Thyroid disease
  - Adrenal disease
  - Diabetes
  - Other
- Anemia
  - Due to chronic blood loss/iron deficiency
  - B12 deficiency, kidney disease and other causes
- Cardiac disease and congestive heart failure
- Pulmonary diseases
- Chronic Fatigue Syndrome
- Neurologic disease and autonomic dysfunction
- Other
- Poor nutrition
- Chronic pain

Management of fatigue often requires more than one approach since the above contributing factors rarely occur in isolation. For example, chronic pain can contribute to sleep problems and depression as well as poor nutrition. Subsequently these can worsen fatigue.

Some of the interventions most helpful for fatigue, that I would recommend for you to talk to your physician about include the following:

- Appropriate testing and management of underlying medical conditions
- Appropriate goalsetting and pacing
- Use of adaptive equipment, braces, mobility aids, or wheelchairs/scooters (when appropriate)
- Behavioural management and counselling
- Physical Therapy and Occupational Therapy
- Energy conservation techniques

- Appropriate home exercise program
- Aerobic
- Strengthening
- Flexibility
- Yoga or Tai Chi (preferably with an instructor familiar with disabilities)
- Meditation or scripture
- Medication changes
- To remove medications that might be causing fatigue
- Consider talking with your physician about any medication or supplements that might reduce fatigue

A pessimist might see the interrelationship of multiple causes of fatigue as being problematic. At the same time optimists, including myself, will focus on the fact that any

of the above interventions will have a “spill over effect” into other areas.

Addressing medical problems can significantly increase exercise tolerance and both lead to less fatigue over time. Physical exercise (as appropriate for your limitations), professional counsel and meditation can all have a profound effect on mood and emotional fatigue. As one factor improves there is a “snowball effect” on other areas.

In summary, I greatly appreciate the above question as a lead-in to even better questions - “What would be causing fatigue other than post-polio syndrome?” and “Where can we intervene to eventually improve disability?”



If you're a Polio survivor, as a member of Polio SA you can access:

- One hour of FREE hydrotherapy every week (normally this would cost around \$50 per session!)
- 12 FREE massage vouchers each year (valued up to \$40 each)
- Plus more

Join now at [poliosa.org.au/membership](http://poliosa.org.au/membership) or phone 0466 893 402

## A Polio Survivor Story *by Julian Swinstead*

**I was born June 1949 and contracted polio when I was about 2 years old and was sent to Escourt House for around 2-3 yrs.**

My parents were poor and had five boys. They could only come and see me occasionally on weekends. When they did, Dad unscrewed a door from home and tied it to the roof of the Volkswagen Beetle. They would come and get me and strap me to the door on the roof (outside) for an outing. Later they got a bigger car and could slide me through the back windows (on a board) where my brothers would torment me.

I cannot remember anything much about that time. I was in plaster from the hips down, or so I have been told. Matron Macdonald at Escourt House told my parents she was experimenting with a new technique for handling polio which she had heard of from America. It involved NEVER allowing the affected limbs to be free of restraint — such as keeping them in plaster or calipers, especially overnight. NEVER allowing the bones to deform. Apparently my Dad said I was in great pain continually, and I do remember being put in the big bathroom at Escourt House (the empty bath) with the door shut, because I screamed so much. I do remember that that was very scary. But boy it must have worked. After leaving Escourt House I then wore callipers and attended the Adelaide Children's Hospital for several years for therapy.

I apparently recovered despite a deformed left calf muscle and a leg that was measured as half an inch or so shorter than the other one. I managed to play A grade SANFL football for Central Districts and football in Melbourne for Port Melbourne. I was also active in many other sports including running, tennis, swimming etc. When I finished football (at age 32) I took up martial arts and have done that (seriously) for 30 odd years, as well as tennis, cycling, swimming and stand up paddling.

I have recently returned to Adelaide to live after 25 years away (Darwin).



**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](mailto:poliosa.office@gmail.com)

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

Articles for the next issue are due by 1 November 2018.

I had a period where I simply would run out of "juice" and my legs were sore. That was around 10 years ago. I had to pretty much give up karate kicks above hip height. However I have since decided "stuff it" and have resumed serious training. I have had a total knee replacement, ironically on my other leg. That also set me back as I had all sorts of warnings about not doing too much.

I now walk at a very fast pace around five kilometres at least every second day, interspersing that along the walk with challenging exercises, including push-ups, chin ups, squats, rowing and cycling; and stretching routines. I walk on unpaved areas wherever possible to exercise my ankles etc. and thick grass to force me to lift my legs. While my left calf muscle remains deformed (seriously under

developed) I am feeling more and more comfortable in my fitness. I am also playing tennis again.

My orthopaedic guy says the other knee is going to have to be replaced, but at present it is fine.

That's my story. Hope it is of interest to someone. If, for the purposes of research, you needed more information, my older brothers know much more about that time than I do. Although I have not spoken to them regarding this note, I am sure they would not mind speaking about it.



# Australian Polio Register

*Have you added your polio details?*

We encourage every polio survivor living in Australia (whether you contracted polio in Australia or overseas) to join the Australian Polio Register. Our strength lies in our numbers – please help us to get you the services you need. You can add your name to the Polio Australia Register by visiting: [www.australianpolioregister.org.au/register-today/](http://www.australianpolioregister.org.au/register-today/)

To find out more information visit: [www.australianpolioregister.org.au](http://www.australianpolioregister.org.au)

### VOLUNTEERS NEEDED

The committee is always looking for volunteers to help promote awareness of post-polio.

Whether you like to tinker around on the computer or like meeting new people, there are plenty of ways in which you can help other polio survivors. If you are interested in volunteering, then please get in touch with one of our committee members:

**Email: [poliosa.office@gmail.com](mailto:poliosa.office@gmail.com)**

**Phone: 0466 893 402**

### A NOTICE TO MEMBERS

To keep our membership offer at the same price as previous years we would like to stop sending out as many newsletters in the post.

Most of our members have already subscribed via our website to receive the newsletter via email. So from the next edition we will only send you the email version.

To notify us if you would still like to receive a printed copy of the newsletter, please email or call us.



## Humour

- Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight.
- Housework can't kill you, but why take a chance?
- Cleaning your house while your kids are still growing up is like shovelling the driveway before it stops snowing.
- The reason women don't play football is because 11 of them would never wear the same outfit in public.
- Best way to get rid of kitchen odours: eat out.
- A bachelor is a guy who never made the same mistake once.
- My photographs don't do me justice - they just look like me.
- I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'
- The reason the golf pro tells you to keep your head down is so you can't see him laughing.
- You know you're old if they have discontinued your blood type.



... and that is **WHY** the chicken crossed the road.

## 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](mailto: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 Thursday, 1 November 2018.

## 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](mailto:nigel.quadros@health.sa.gov.au)

Dr Nigel Quadros 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).

Nigel's 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

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If you are interested in any of these services, ring our office on 0466 893 402 and ask for vouchers. There is a limit of twelve vouchers per person, each with a maximum value of \$40.



Remember you must be a paid up member to receive vouchers.

| <u>City</u>  | <u>Nothern suburbs</u>  | <u>Southern suburbs</u>  | <u>Western suburbs</u>  |
|--|---|--|---|
| <b>PhysioXtra</b><br>115-117 Pirie Street,<br>Adelaide SA 5000<br>Phone: (08) 7221 9110  | <b>PROSPECT</b><br><b>The Physio Clinic</b><br>177 Prospect Road<br>Prospect SA 5082<br>Phone: (08) 8342 1233   | <b>PARALOWIE</b><br><b>Wax on wax off by Gen</b><br>10 Airdrie Ave<br>Parafield Gardens SA 5107<br>Phone: 0430 867 248   | <b>WOODCROFT</b><br><b>Bruce Harrison</b><br>14 New England Drive<br>Woodcroft SA 5162<br>Mobile: 0402 337 382<br>bruce_harrison@aapt.net.au                    |
| <b>Eastern suburbs and Hills</b>   | <b>ROYSTON PARK</b><br><b>Magic Hands Massage Centre – Carrol Morgan</b><br>Sports & Remedial Massage, Reiki, Aromatherapy, Foot Reflexology, Neuralign<br>254 Payneham Road,<br>Royston Park SA 5070<br>Mobile: 0409 097 080<br>Phone: (08) 8390 1206  | <b>HALLET COVE</b><br><b>PhysioXtra</b><br>1/1 Zwerner Drive,<br>Hallett Cove SA 5158<br>Phone: (08) 8387 2155   | <b>HENLEY BEACH</b><br><b>Lori Brittle – Massage Therapist, Pilates &amp; Physiotherapy</b><br>506 Henley Beach Road<br>Fulham SA 5024<br>Phone: (08) 8356 1000 |
| <b>TOORAK GARDENS</b><br><b>The Physio Clinic</b><br>Godfree House,<br>2 Moore St, Toorak Gardens SA 5065<br>Phone: (08) 8342 1233 | <b>GOLDEN GROVE</b><br><b>Golden Grove Family Health – Diane Preston Massage Therapist</b><br>205 The Golden Way,<br>Golden Grove SA 5125<br>Phone: (08) 8289 1222<br>Fax: (08) 8289 1255   | <b>MARION</b><br><b>PhysioXtra</b><br>724 Marion Road,<br>Marion SA 5043<br>Phone: (08) 8357 4988  | <b>WOODVILLE SOUTH</b><br><b>The Physio Clinic</b><br>2/95 Findon Road<br>Woodville South SA 5011<br>Phone: (08) 8342 1233                                      |
| <b>NORWOOD</b><br><b>PhysioXtra</b><br>Suite 1/39 Clarke Street,<br>Norwood SA 5067<br>Phone: (08) 7221 9289                       | <b>NORTH EASTERN SUBURBS</b><br><b>Mobile Massage</b><br>This can only be done on certain days and takes around 3-4 clients a day.<br><br>Preference given to house bound and the more handicapped person.<br><br>Arrangements to be made with Reeva Brice<br><br>Phone: (08) 7423 7162<br>Mobile: 0412 866 096 | <b>MORPHETTVALE</b><br><b>Hands on Health Massage – Jimmy Kucera</b><br>Shop 7, 20 Taylors Ave,<br>Morphett Vale SA 5162<br>Phone: (08) 8325 3377<br>Plenty of car parking.<br>Flexible times.   | <b>Outer metro</b>  |
| <b>PhysioXtra</b><br>110 Magill Road,<br>Norwood SA 5067<br>Phone: (08) 8331 7586  |   | <b>REYNELLA</b><br><b>South Side Health Care</b><br>Noarlunga Aquatic Centre Complex,<br>Reynella SA 5161<br>Phone: (08) 8382 2255   | <b>GAWLER</b><br><b>Physio-Wise</b><br>Phone: (08) 8522 6611<br>Australian Physiotherapy Association Member   |
| <b>NAIRNE</b><br><b>John Kirkwood Polio Practitioner</b><br>19 Federation Way,<br>Nairne SA 5252<br>Phone: 0410 779 159            |   | <b>UNLEY</b><br><b>Unley Medical Centre Unley Physiotherapy</b><br>160 Unley Road,<br>Unley SA 5061<br>Phone: (08) 8373 2132<br>Car parking off Mary Street is accessible. Facilities include a disabled toilet and wheelchair access. | <b>LYNDOCH</b><br><b>Physio-Wise</b><br>Phone: (08) 8524 5094<br>Australian Physiotherapy Association Member  |
|  |   |  | <b>Regional</b>   |
|  |   |  | <b>PORT ELLIOT</b><br><b>PhysioXtra</b><br>39 North Terrace,<br>Port Elliot SA 5212<br>Phone: (08) 8554 2530  |
|  |   |  | <b>STREAKY BAY</b><br><b>Tahlia Gosling</b><br>Remedial Massage<br>19 Alfred Terrace,<br>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:

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

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Suburb/Town \_\_\_\_\_

Postcode \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

## New details

Name \_\_\_\_\_

Street \_\_\_\_\_

Suburb/Town \_\_\_\_\_

Postcode \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_



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