

The Post-Polio Program is part of the John P. Murtha Neuroscience and Pain Institute, an affiliate of the Conemaugh Health System. Our partnership with the Walter Reed Army Medical Center and the Uniformed Services University of the Health Sciences gives individuals direct access to acclaimed neurologic subspecialists and up-to-the-minute clinical studies. Through collaboration with the International March of Dimes, International Polio Network, Easter Seals, British Polio Fellowship, Stanford University, Integrative Medicine Institute, National Institutes of Health and the National Rehabilitation Hospital, we also offer the latest findings on post-polio developments. The Post-Polio Program was made possible from national funding secured by late U. S. Congressman John P. Murtha.

Post-Polio Program



Blending traditional medicine with complementary healing methods to treat Post-Polio Syndrome

 **John P. Murtha
Neuroscience and Pain Institute**
Affiliate Conemaugh Health System

Post-Polio Program
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Excellence. Every Patient. Every Time.
www.conemaugh.org

Are You At Risk?

PPS is a neurologic condition that results in weakness, fatigue and/or pain in joints or muscles that were affected by polio. If you had acute paralytic polio, recovered from it, and had at least 15 years of good health before post-polio symptoms first appeared, you may be at risk for this chronic condition. Poor nutrition, excessive weight gain, smoking and alcohol and/or substance abuse can also trigger symptoms in polio survivors.

Do You Know the Warning Signs?

PPS symptoms can develop slowly and often include:

- fatigue or frequent feelings of exhaustion or weakness
- loss of muscle strength or gradual or new pain in muscles and joints
- shortness of breath or other respiratory problems
- decreased ability to tolerate cold temperatures
- sleeping problems
- headaches
- swallowing difficulties

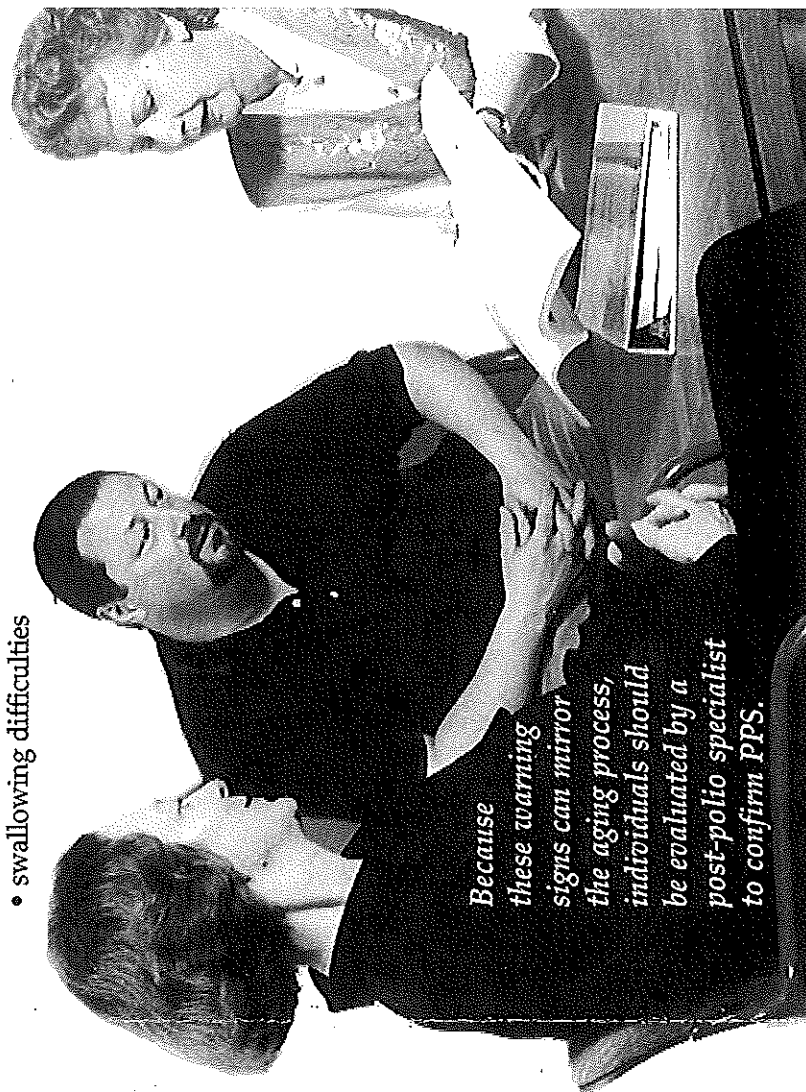
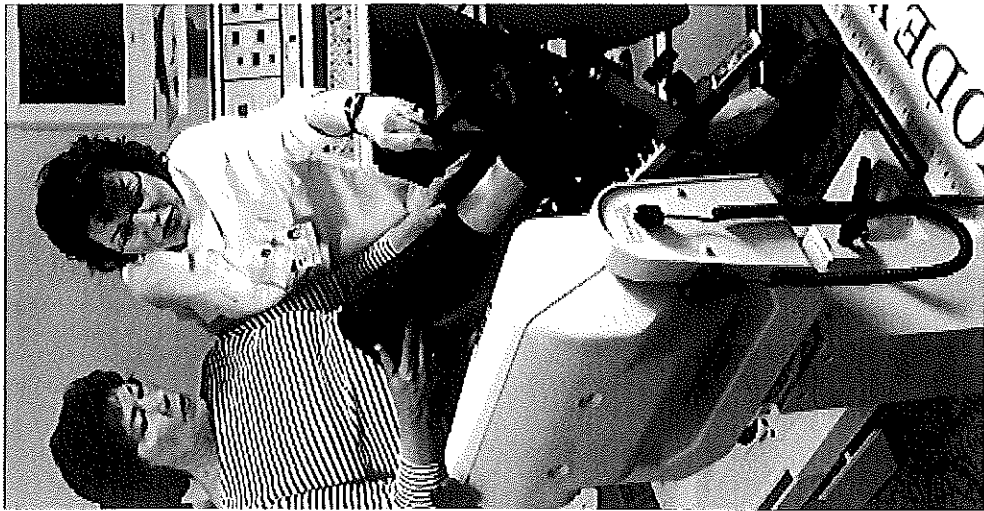
It's estimated that there are one million polio survivors in the United States alone. Post-Polio Syndrome (PPS) affects roughly one in five of these polio survivors. Its symptoms develop over time and can be confused with problems associated with aging. People with this chronic condition can experience increasing disabilities related to fatigue, weakness, pain and other PPS symptoms.

The good news is that PPS can be managed and controlled. All it takes is proper diagnosis and a willingness to be involved in the right treatment plan.

Conemaugh Health System's commitment to those affected by polio began in the 1940s, when the polio virus was at its peak. Today, that same commitment continues.

The Post-Polio Program and its partners offer new hope to those who have been diagnosed with PPS—and vital information to others who may be at risk.

Our fresh and integrative approach blends traditional medical practices with complementary healing methods. By following the "best practices" recommendations of the International March of Dimes, we offer the very latest in diagnostic and treatment



Because these warning signs can mirror the aging process, individuals should be evaluated by a post-polio specialist to confirm PPS.

Be a part Of it.

No matter where you live, you can be a part of this innovative program.

You can refer yourself or be referred by your physician. Call us and we'll send you information.

Our multi-disciplinary team includes:

- physiatrists (physicians specializing in physical rehabilitation)
- neurologists
- neuropsychologists
- registered nurses
- psychologists
- pulmonary specialists
- nutrition counselors
- stress management experts
- respiratory therapists
- physical, occupational and speech therapists



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Comprehensive Evaluation

- Detailed clinical history
- Physical exams
- Diagnostic services as needed, including lab tests, nerve conduction studies, high-resolution MRI, pulmonary function tests and sleep studies

Diagnosis

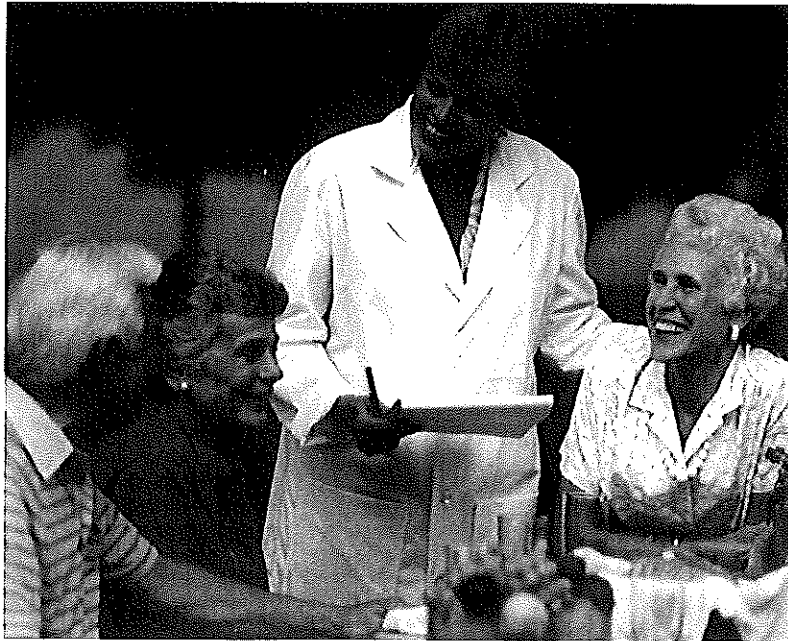
Treatment Options Traditional and Complementary Medicine

- Physical therapy
- Occupational therapy
- Neuropsychology
- Nutrition counseling
- Pain control
- Orthotics (braces)
- Adaptive equipment
- Stress management
- Relaxation and stretching exercises
- Acupressure
- Chronic disease self-management
- Aromatherapy

A New Approach

We use specific criteria developed by the International March of Dimes to confirm PPS. We provide comprehensive physician exams, advanced diagnostic services, access to the latest clinical trials and innovative treatment plans. In fact, we are one of the only facilities in the country to blend traditional medicine with complementary healing methods.





Do you have a history of Polio?

You may be eligible to participate in a research study that will compare clinical assessment with that of a portable home monitor for Obstructive Sleep Apnea.

Eligibility requirements

- 18 years of age
- Polio survivor, with or without Post Polio Syndrome
- Have confirmation of polio history by treating physician or by having an evaluation by the study physician
- Not currently using bi-level positive-airway pressure (BIPAP), continuous positive airway pressure (CPAP) or night time ventilation.

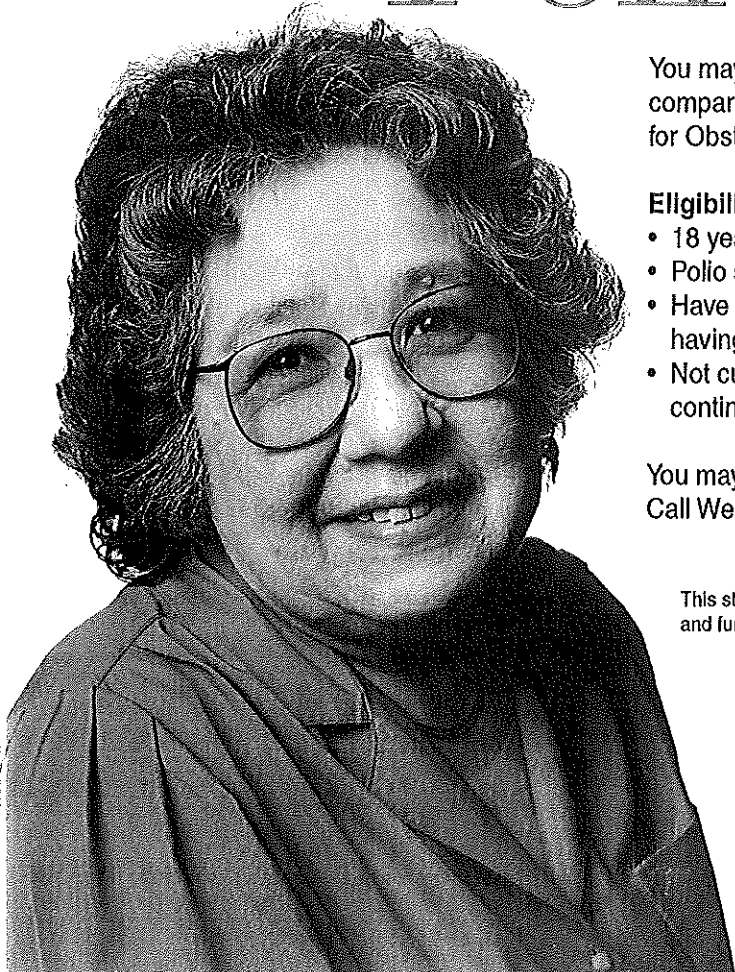
You may be eligible to receive compensation for your involvement. Call Wendi Nagle, RN at 814-269-5202 or 1-866-707-8424.

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Polio Survivor Registry

Thank you very much for showing interest in our survey! We are interested in gathering information to support research specific to polio survivors. We will look at the age of polio survivors, their symptoms, and other traits common to polio survivors. We may also use information you provide to develop new research. Our survey questions will take approximately 5-10 minutes to answer.

Privacy Policy and Legal Disclaimer for Data Use in Research

Polio Survivor Registry Privacy Policy

Your privacy is important to us. We know that health is a personal and private subject, and we want you to feel comfortable providing your information for our survey. This privacy policy will tell you what information we want to collect, how we will protect your information, and how we will use the information that you may decide to give us.

At no time will we sell, rent, or give your personal information or survey data to a third party except as explained below. Please read our privacy policy so that you will understand both our commitment to you and your privacy.

Personal information we collect

We will ask for information about yourself and any late effects of polio that you may have. Information we request may include your name, address,

I Agree

I Disagree

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