

## YARRA RANGES

# Polio could be the problem

IF YOU'RE feeling those aches and pains more than others your age, there might be a reason.

Polio Australia is running an information session on the late effects of polio at Healesville Community Link on November 13.

People contracted the polio virus in Australia from the 1930s to the 1970s, and while many people who were infected did not show symptoms others developed paralysis.

Healesville polio survivor Rod Hysted contracted the highly contagious disease when he was seven in 1964.

"I'm one of the lucky ones," Mr Hysted said.

He was sent to the Lady Dugan Children's Home for treatment and rehabilitation, where he credits pioneer physiotherapist Mona Tobias for his regained movement. Mr Hysted said he returned home a year later with no lasting effects from his polio. But many others were not as lucky.

Polio Australia community development worker Stephanie Cantrill said some people might be experiencing Late Effects of Polio.

"This can include increasing muscle weakness, debilitating fatigue, chronic pain, problems with sleep and breathing, and intolerance to cold," Ms Cantrill said. The information session is from 2.30pm on November 13 at 110 River St. Details: 0466 719 613, or [www.bit.ly/ InfoSessionHealesville](http://www.bit.ly/InfoSessionHealesville).