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Polio

⇒ What is Polio?

Polio (also known as poliomyelitis) is a highly contagious disease caused by a virus that attacks the nervous system.

⇒ (2) Defination (II)

The words Polio (grey) and (myelon) marrow, indicating the spinal cord) are derived from the Greek.

Poliomyelitis is a disease of the anterior horn motor neurons of the spinal cord and brain stem caused by Poliovirus.

⇒ History

⇒ First described by Michael Underwood

⇒ In 1789.

• First outbreak described in U.S. in 1843.

• More than 26,000 paralytic cases reported in the U.S. in 1952

Global eradication within this decade

⇒ WHO

According to the World Health Organization (WHO), 1 in 200 polio infections will result in permanent paralysis. However, thanks to the global polio eradication initiative

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in 1988, the following regions are now certified polio-free:

- Americas
- Europe
- Western Pacific
- Southeast Asia

→ But polio is still persistent in Pakistan, Nigeria and Afghanistan

→ Symptoms of Polio

It's estimated that 95 to 99 percent of people who contract poliovirus are asymptomatic. This is known as subclinical polio. Even without symptoms, people infected with poliovirus can still spread the virus and cause infection in others.

→ Non-Paralytic Polio

Signs and symptoms of non-paralytic polio can last from one to ten days. These signs and symptoms can be flu-like and can include:

- Fever
- Sore throat
- Headache
- Vomiting
- Fatigue
- Meningitis

→ Paralytic Polio

• About one percent of polio cases can develop into paralytic polio (leads to paralysis in spinal cord, brainstem, or both).

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- Initial symptoms are similar to non-paralytic polio. After a week, more severe symptoms will appear.

- loss of reflexes
- severe spasms and muscle pain
- Loose and floppy limbs, sometimes on just one side of the body
- Sudden paralysis, temporary or permanent

Deformed limbs (foot, hips)
⇒ **Post-polio Syndrome:**

It's possible for polio to return even after you have recovered. This can occur after 15 to 40 years.

- Continuing muscles and joints weakness
- Muscles pain that gets worse
- Muscle wasting easily exhausted or fatigued
- Sleep apnea
- Depression

⇒ **Causes of Polio:**

Polio is caused by one of three types of the poliovirus. It often spreads due to contact with infected feces. This is often happens from poor

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handwashing.

- It ^{can} also happen from eating or drinking contaminated food or water.

- The main cause of the polio is the poliovirus. This virus spreads from person to person and can infect a person's spinal cord, causing paralysis.

⇒ Treatment of Polio:

Doctors can only treat the symptoms while the infection runs its course. But since there's no cure, the best way to treat polio is to prevent it with vaccinations.

The most common supportive treatments include:

- Bed rest
- Painkillers
- Antispasmodic drugs to relax muscles
- Antibiotics for urinary tract infections
- physical therapy or corrective braces

⇒ How to Prevent Polio:

The best way to prevent polio is to get the vaccination. Children should get polio shots according to the vaccination schedule presented by the Centers for Disease Control and Prevention (CDC).