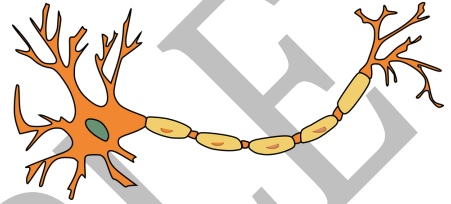


Poliomyelitis - Polio

What is Poliomyelitis?

Poliomyelitis is an acute infectious disease caused by the poliovirus that affects the nerves and can lead to partial or full paralysis. It is characterized by two febrile episodes, a minor and major illness separated by a remission of one or two days. This is followed by varying degrees of muscle weakness or progressive paralysis that may be fatal. The time from being infected to developing symptoms (incubation period) is usually from 5 to 35 days with an average of 7 to 14 days for the paralytic and non-paralytic forms and only 3 to 4 days for the subclinical type (Vjas, 2014).



History and Prevalence

Michael Underwood first described polio in 1789 however, the first disease outbreak in the U.S. wasn't until 1843. The earliest cases of polio occurred sporadically before the 19th century. After that, a poliomyelitis epidemic was more frequently observed reaching its peak during the mid-1950s. Since then, aggressive immunization programs have led to the significant decrease in the worldwide prevalence of the infection (Boyle, 2014). According to the U.S. Centers for Disease Control and Prevention (CDC), since December 9, 2015, there have been 66 cases of poliovirus cases reported, 49 from Pakistan and 17 from Afghanistan.

Children are the most likely to be affected with the highest incidence occurring during infancy. Prior to puberty, boys are twice as likely to contract paralytic poliomyelitis compared with girls. Some believe this is due to the type and nature of the activities they participate in. However, older age groups usually show more severe manifestations.



The 32nd President of the United States, Franklin D. Roosevelt, was diagnosed with Polio, which left him paralyzed from the waist down. Despite contracting the disease early in life, he managed to go on to serve four terms as the U.S. Commander in Chief, which ended at the conclusion of World War Two.

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comprises the brain and spinal cord. Manifestations vary depending on site the virus invades.

Mode of Transmission

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In some patients, a complication called post-polio syndrome may develop in later years, usually 30 or more years after the infection. Weak muscles become weaker, and unaffected muscles may also develop weaknesses that may lead to disability.

Prevention

The most effective way to prevent poliomyelitis is by immunization. According to the Center for Disease Control Vaccination Schedule, children should receive three doses of anti-polio vaccine during two months, four months and six to 18 months. There are five types of polio vaccines namely: inactivated polio vaccine (IPV), bivalent oral polio vaccine (bOPV), trivalent oral polio vaccine (bOPV) and the monovalent oral polio vaccines (mOPV1 and mOPV3), (CDC, 2014).



Reading Comprehension Questions:

1. When did polio first breakout in the U.S.?
2. What led to the significant decrease in polio outbreaks?
3. Which groups of people are most likely to contract polio?
4. Do you believe someone with polio would be elected today?
5. What is the main difference between subclinical and non-paralytic polio?
6. What
7. How
8. How is
9. What symptoms might an infected person display to an examining doctor?
10. What
11. What is the most effective way to prevent polio? Describe the process.
12. For

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