

# PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

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# STOP POLIO VACCINATE...

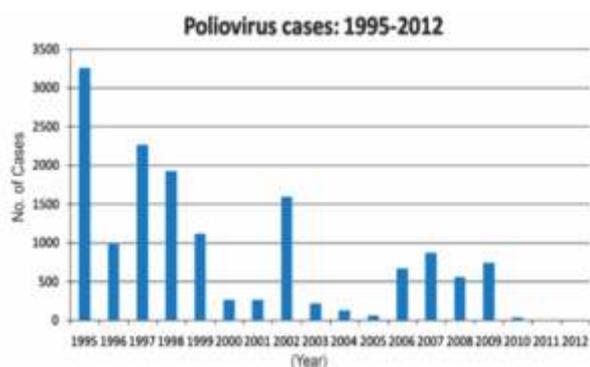
## What is Polio?

Polio (also known as poliomyelitis) is a highly contagious disease caused by poliovirus that attacks the nervous system. Children younger than 5 years old are more likely to contract the virus than any other group. According to the World Health Organization (WHO), 1 in 200 polio infections will result in permanent paralysis.[1]

In about 0.5 percent of cases there is muscle weakness resulting in an inability to move. This can occur over a few hours to a few days. The weakness most often involves the legs but may less commonly involve the muscles of the head, neck and diaphragm. Many but not all people fully recover. In those with muscle weakness about 2 to 5 percent of children and 15 to 30 percent of adults die.[2]

### • What is Polio?

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Stats of Polio in India:[4, 5]

On 13th January, 2011, last case of polio was detected

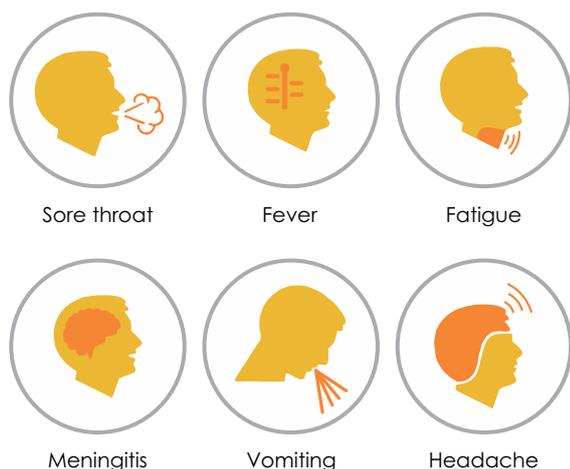
WHO declared India – Non Endemic

On 13th January, 2013, India completed two years without any new case of Polio detection.

### • Symptoms of Polio: [6]

About 95 percent of all cases are asymptomatic, and between 4-8 percent of cases are symptomatic.

### • Non-paralytic polio



Fever | Sore throat | Headache | Vomiting  
Fatigue | Meningitis

### • Paralytic polio

- Loss of reflexes
- Severe spasms and muscle pain
- Loose and floppy limbs,
- Sudden paralysis, temporary or permanent
- Deformed limbs, especially the hips, ankles & feet
- It's rare for full paralysis to develop. Less than 1 percent of all polio cases will result in permanent paralysis. In 5–10 percent of the polio paralysis cases, the virus will attack the muscles that help you breathe and cause death.

### • How does Polio infect someone:[7]

As a highly contagious virus, polio transmits through contact with infected feces, objects like toys that have come near infected feces can also transmit the virus.

Sometimes it can transmit through a sneeze or a cough, as the virus lives in the throat and intestines. This is less common.

If you have not been vaccinated, you can increase your risk of contracting polio when you:

- Travel to an area that has had a recent polio outbreak
- Take care of or live with someone infected with polio
- Handle a laboratory specimen of the virus
- Have your tonsils removed
- Have extreme stress or strenuous activity after exposure to the virus

### • Treatment: [7]

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
- Pain killers
- Antispasmodic drugs to relax muscles
- Antibiotics for urinary tract infections
- Portable ventilators to help with breathing

- Physical therapy or corrective braces to help with walking
- Heating pads or warm towels to ease muscle aches and spasms
- Physical therapy to treat pain in the affected muscles
- Physical therapy to address breathing and pulmonary problems
- Pulmonary rehabilitation to increase lung endurance

#### • **Prevention of Polio:**

The best way to prevent polio is to get the vaccination.

Children should get polio shots, which contain inactivated polio viruses, according to the vaccination schedule presented by the Centers for Disease Control and Prevention (CDC).[7]

CDC vaccination schedule

Age	Dose
2 months	One dose
4 months	One dose
6 to 18 months	One dose
4 to 6 years	Booster dose

#### • **There are two vaccines available to fight polio:[7]**

- Inactivated poliovirus (IPV):IPV consists of a series of injections that start 2 months after birth and continue until the child is 4-6 years old. The vaccine is made from inactive poliovirus. It is very safe and effective and cannot cause polio.
- Oral polio vaccine (OPV):OPV is created from a weakened form of poliovirus; this version is the vaccine of choice in many countries because it is low cost, easy to administer and gives an excellent level of immunity. However, in very rare cases, OPV has been known to revert to a dangerous form of poliovirus, which is able to cause paralysis.

#### • **Pulse Polio – An Indian initiative to eradicate Polio:[8]**

Pulse Polio is an immunization campaign established by the government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the polio virus.

The project fights poliomyelitis through a large-scale pulse vaccination program and monitoring for polio cases.

The Pulse Polio dates in 2017 are 29 January, 2 April, 2 July, and 17 September, on Sundays.



## References:

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