



Dr. Henry writes about Medication and Psychotherapy

In my experience, any disease process may require a combination of talk therapy and medication or other treatments (surgery, rehab, Pt etc). Most so called mental illnesses are more clearly involving a biological component. The brain is an organ just like the heart, the liver, the intestines, etc. Every disease that affects the human emotions needs more than medication or procedures. PPSers have a double problem emotionally. We have all the deja vu memories of the acute polio episode mixed in with the current reality of PPS. We have repressed memories being rekindled by the current problem, hence many emotional factors complicated by the the CNS physiological and psychological effects of PPS. That seems to be the reason we need to talk about our problems and take medication also or whatever treatment works for us.

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[▲ Top of Article ▲](#)

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