

Hi, my name is Maureen I am a polio survivor. I contracted polio in the early 1950s - in them days doctors were very wary of telling the patient or their parents what they had / diagnosed with. I can remember as a small child of 3 years of age being in hospital for long spells that seem to go on for years in and out of hospitals all the time. Eventually from the age of about 8 they discharged me and told my parents what I had been suffering from - I carried on with my life as a child doing what children do but I always walked with a limp which was noticeable to other children and adults.

Post Polio Syndrome became a problem to me in my early 40s when I started to fall or trip over for no reason - after watching a documentary on TV about the latter stages of a Polio Survivor I realised that it was me.

After visiting my GP, she arranged for me to have an assessment with a consultant at Kings College Hospital in London who diagnosed PPS.

I will now jump to my current daily life and how it has affected me now. At the age of 74 I have so many problems which I have to come to terms with. My right foot / ankle / leg has completely deformed, and I walk over on one side - my weight has increased as not being able to walk without pain and aids - swallowing is also a major problem where I choke on food / fluids if not chewed or swallowed completely.

Twice yearly I have steroids injections in my feet and ankle but my Consultant recommended that I have surgery as my foot is now bone on bone. With arthritis in both feet now on top the disability I have, life is not as it should be in my retirement years. My medication is Gabapentin 500mg x 4 times daily - Co- codamol every 4 hours for the pain, plus various sprays / roll ons / ointment / on feet to relieve the pain.