

HAVE YOU HAD POLIO?



PERSONSKADE
FÖRBUNDET RTP



About polio

Polio is caused by an infectious virus that attacks the nervous system. The disease can damage the nerves and lead to paralysis. Some sufferers develop influenza-like symptoms, whereas others show no symptoms at all. Consequently it may be difficult to know whether one has had polio as a child. The virus mainly affects children and adolescents.

Although polio itself no longer occurs in Sweden, people coming here from another country may have had the disease as children – sometimes without actually knowing it. If you have had polio in childhood then you are at risk of developing 'post-polio'

About post-polio

People who have had polio are at risk of developing new muscle weakness, even if they have not previously had major paralysis. This is known as post-polio syndrome (PPS). It is estimated that 50% of individuals who have previously had polio develop post-polio syndrome later in life.

The symptoms of post-polio syndrome can be muscle and joint pain, fatigue, breathing difficulties and difficulties swallowing.

later in life, which causes increased health problems. This applies mainly to people arriving from the Middle East, Asia, Latin America or Africa.

Anyone who is living with complications following polio or has symptoms of post-polio must be referred to one of the country's National Highly Specialized Care (NHV) clinics for residual post-polio conditions for further investigation and assessment. It is therefore important that both you and your healthcare provider are aware of the symptoms that may be associated with post-polio.

People with post-polio syndrome may also feel an increasing weakness in muscles that have previously functioned normally. Some people have difficulty tolerating cold temperatures and get cold easily. You may also lose your voice if the muscles in the throat are weakened. The symptoms often worsen over time, but this happens very slowly.

Getting medical advice

It is important that you see a doctor and tell them about your problems. If you know that you have had polio it is important that you also mention this. Ask your healthcare provider, who can refer you to a reception for national highly specialized care (NHV) for residual conditions after polio for further investigation and assessment. As of January 2024, residual conditions after polio will become nationally highly

specialized care and will be conducted at three units in the country, located in Lund, Stockholm and Göteborg.

Personskadeförbundet RTP has produced a brochure about polio and post-polio syndrome which is aimed at health professionals. Feel free to tell your health centre that they can order the brochure from us at: www.rtp.se

Treatment and rehabilitation

Treatment for post-polio syndrome may relieve the symptoms. This may take the form of painkilling medication, tailored physical activity and dietary advice aimed

at avoiding obesity. You may also need assistive devices to improve your mobility and prevent falls.



About us

Personskadeförbundet RTP is an independent pressure group whose aim is that people with a functional impairment should be enabled to participate in society in the same way as everyone else. Personskadeförbundet RTP provides information and guidance to its members and those close to them. We also engage in advocacy activities with decision-makers. Our primary injury groups are people with neck, spinal and brain injuries, polio sufferers and amputees, but we also have members with other types of injury following road traffic or other accidents.

Becoming a member

As a member of Personskadeförbundet RTP you will be supporting our work towards achieving a society that is accessible to all. You will then get the opportunity to share experiences and meet others in a similar situation to yours, as well as to engage in our activities. Our local branches, which are located in around 50 towns and cities throughout the country, offer a range of different activities that you can take part in. You will also receive our quarterly newsletter "Liv" and enjoy all our member benefits. In addition, you will have the opportunity to apply for grants from various funds.

The easiest way to become a member is through our website: rtp.se/medlem

You can also pay the annual membership subscription (SEK 300 for individual membership and SEK 360 for a family) to:
Swish: 123 526 26 47

Simply state your name and address to get a membership number and further information on Personskadeförbundet RTP by post.

You can also contact us on 08-629 27 80 or email info@rtp.se.

