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Polio.

Polio is a disease caused by polio virus. It Spread from person to person, It also spreads from contaminated food, water, liquid etc.

Its causes nerve injury leading to paralysis, difficulty in breathing and sometimes death. This virus enters the body through the mouth.

■Symptoms of Polio.

●Nonparalytic Polio

This doesn't lead to paralysis, it shows some symptoms which can last from 10 to 15 days such as-

- Fever
- Headache
- Vomiting
- Sore Throat
- Neck pain
- Back pain
- Pain in arm and leg
- Constipation

●Paralytic Syndrome

At start it shown the symptoms of Nonparalytic Polio but within a week It starts showing some other major symptoms like-

- Flaccid Paralysis (floppy limbs)
- Hard ache in muscle
- Loss of reflex

●Post-Polio Syndrome

It is a cluster of disabling signs and symptoms that affect some people years after having polio.

Common symptoms are:

- Breathing Problem
- Muscles Wasting
- Unable to tolerate cold temperature
- Progressive Muscle and Joint Weakness

■■Post-Polio Syndrome in detail.

It is a condition that can affect polio survivors decades after they recover from their initial poliovirus infection. Most people who get infected with poliovirus (about 72 out of 100) will not have any visible symptoms.

A smaller proportion of people with poliovirus infection will develop serious symptoms that affect the brain and spinal cord.

- Paresthesia- feeling of pins and needles in the legs.

- Meningitis- infection of the covering of the spinal cord or brain occurs in 1 of 25 people.

- Paralysis- can't move body parts or weakness in the arms, legs, or both, occurs in about 1 out of 200 people with poliovirus infection.

Paralysis is the most severe symptom, because it can lead to permanent disability and death.

2 - 10 of 100 people dies by polio paralysis.

■Transmission of Polio.

Poliovirus only infects people. It enters the body through the mouth and spreads through droplets from a sneeze or cough of an infected person.

An infected person may spread the virus to others immediately before and up to 2 weeks after symptoms appear.

■Treatment of Polio

There are 2 types of vaccine for Polio.

- Inactivated Polio vaccine- It is given in arm and leg, It is good for weak immune people.

- Oral Poliovirus Vaccine.

Fact: The first successful demonstration of a polio vaccine was by Hilary Koprowski in 1950.

■Some allergic reactions of vaccine.

- Rapid heart rate

- Problems in Breathing

- Dizziness

- Hives- skin rash

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