

## Letters to the Editor

I'm a 68-year-old polio survivor with some limited negative effects from post-polio syndrome, mostly in the form of increasing muscle weakness in one arm and the leg least affected by the original disease. Several years ago, I began using a wheelchair without fold-up footrests for traveling any distance over a couple of hundred feet. To rise from the chair was very difficult because my feet were further out in front of me than with a regular hospital type chair compounded by my being about 50 pounds overweight. In searching the web for assistive devices, I found the Uplift Technologies Uplift seat.

I bought the non-electric version that uses a hydraulic cylinder that compresses when you sit down and provides roughly 80 percent of the lifting effort needed to get up. There are two seats available, one for persons under 200 lbs. and one for those over. They are wonderful. My shoulder pain virtually disappeared when I started using them. I now have one in my office chair, one in my wheelchair and one in my recliner. They are very portable so they can be used in theaters and other places where a person would have difficulty in rising. Just search for "uplift seat."

Charles Hargrove

Joan L. Headley's article, "Calcium, Vitamin D and Bisphosphonates, Oh My!" ([www.post-polio.org/edu/pphnews/pphnews/pph27-3p1plus.pdf](http://www.post-polio.org/edu/pphnews/pphnews/pph27-3p1plus.pdf)) resonated with a number of readers. Here are some of the comments:

Thank you for your article in the current *Post-Polio Health*. I can relate to the osteopenia problem and Vitamin D too ... Thank you for sharing your personal story with us and best wishes.

Mary Atwood

What a good job you did on that osteoporosis article. It was thorough, succinct and with just the proper balance of authority and readability. ... I'm forwarding it to my brother who had polio in his left arm only but was diagnosed with osteopenia a few years back. He's in his late 50s and was dumbfounded because his musculature is sound. Stay well.

Joyce Tepley

Your last issue answered many of the questions I've had over the years. Primary care physicians tend to forget the post-polio people and recommend what they know. I've rejected Fosamax after reading about side effects and added specific vitamins to my routine. It's good to know Dr. Maynard supports what I decided. Thanks for a very useful issue.

Kathleen Schuerger

Send Letters to the Editor by email to [info@post-polio.org](mailto:info@post-polio.org) or by mail to the Post-Polio Health International mailing address. All letters are subject to editing.

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