

# 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.