

**Topic: POLIO**  
**Class: B.Sc Part –III (Hons.)**  
**Paper- VII**  
**Group – A**

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# Therapy (Treatment)

- Doctors can only treat the symptoms while the infection runs its course.
- But since there's no cure, the best way to treat polio is to prevent it with vaccinations.
- The most common supportive treatments include:
  - bed rest
  - painkillers
  - antispasmodic drugs to relax muscles
  - antibiotics for urinary tract infections
  - portable ventilators to help with breathing

- physical therapy or corrective braces to help with walking
- heating pads or warm towels to ease muscle aches and spasms
- physical therapy to treat pain in the affected muscles
- physical therapy to address breathing and pulmonary problems
- pulmonary rehabilitation to increase lung endurance
- In advanced cases of leg weakness, you may need a wheelchair or other mobility device.

# How to prevent polio

- The best way to prevent polio is to get the vaccination.
- Children should get polio shots according to the vaccination schedule presented by
- The Centers for Disease Control and Prevention Trusted Source (CDC).

# CDC vaccination schedule

- **Age**
- 2 months
- One dose
- 4 months
- One dose
- 6 to 18 months
- One dose
- 4 to 6 years
- Booster dose

- On rare occasions these shots can cause mild or severe allergic reactions, such as:
- breathing problems
- high fever
- dizziness
- hives
- swelling of throat
- rapid heart rate
- Adults in the United States aren't at high risk for contracting polio.
- The greatest risk is when traveling to an area where polio is still common.