

Introduction

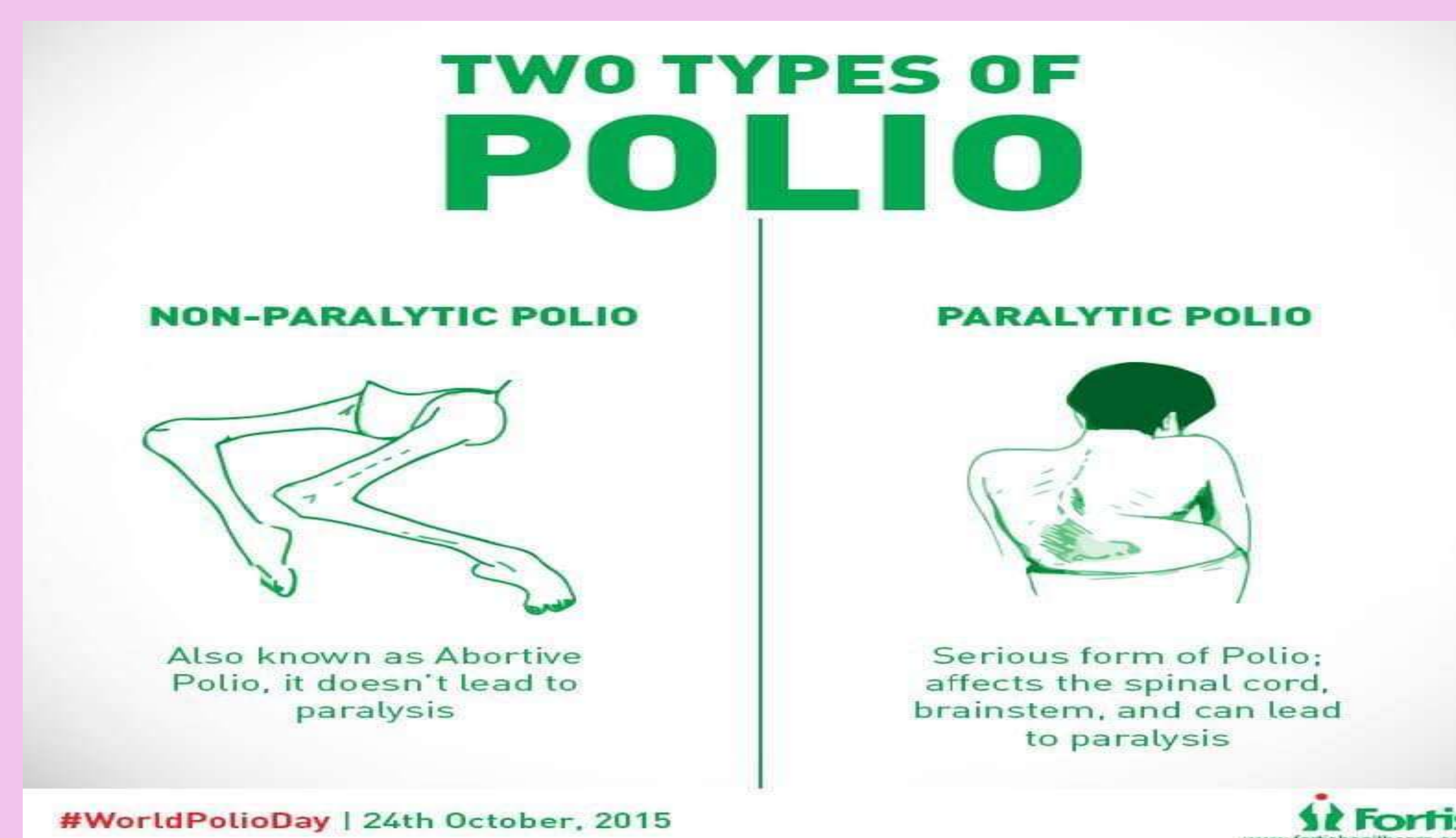
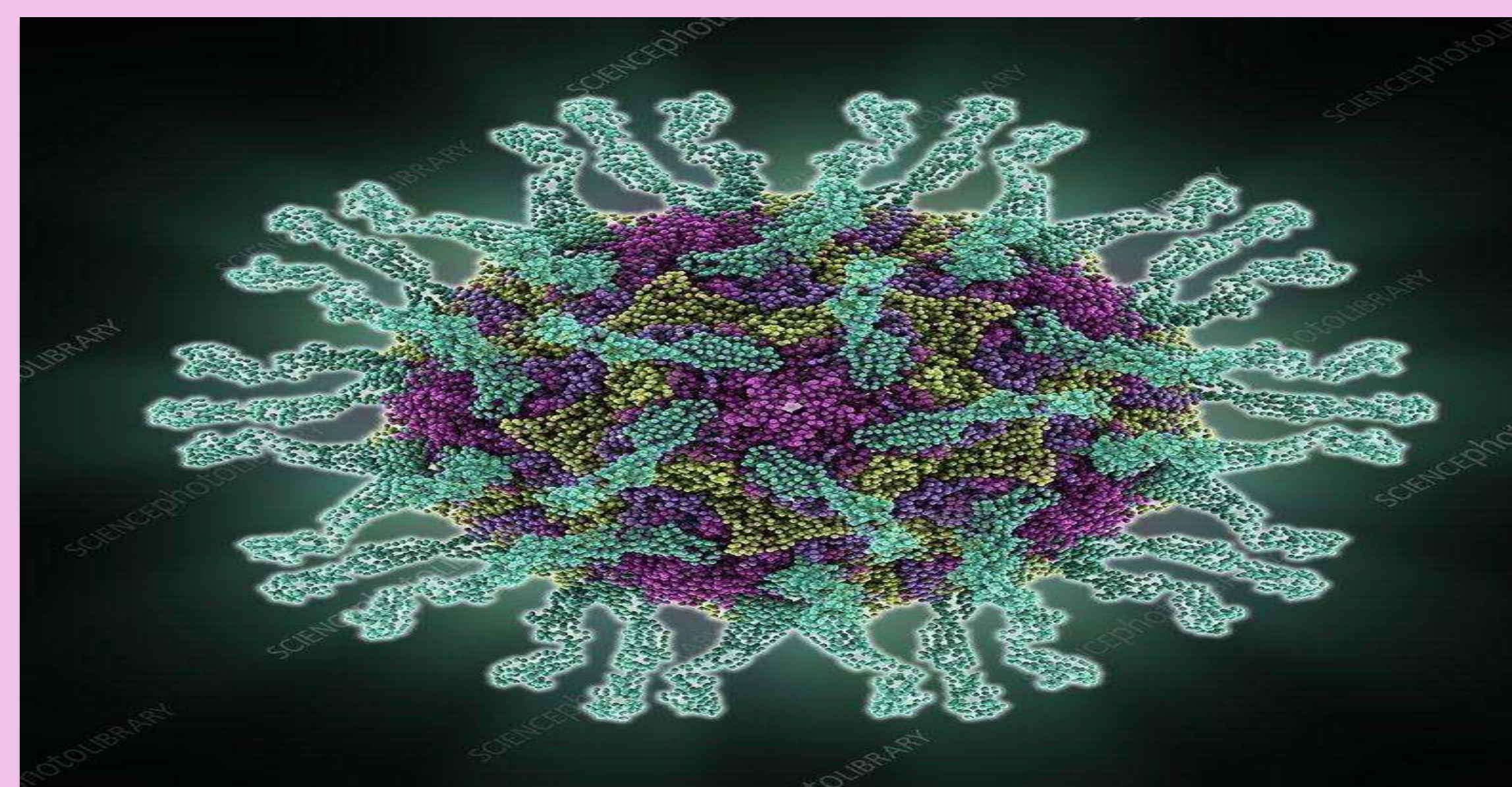
Polio, or poliomyelitis, is a disabling and life-threatening disease caused by poliovirus. Virus spreads from person to person and can invade an infected person's spinal cord, destroying the nerve cells present in the spinal cord, causing paralysis. There is no cure, but there are safe and effective vaccines to prevent polio.

Epidemiology

In the U.S., the last case of naturally occurring polio was in 1979. Today, despite a worldwide effort to wipeout polio, poliovirus continues to affect children and adults in parts of Asia and Africa.

Etiology

polio disease is caused by Picornaviridae. It often spreads due to contact with infected faeces. This often happens from poor handwashing. It can also happen from eating or drinking contaminated food or water. It can also be spread when an infected person coughs or sneezes.



Types

Abortive polio , Nonparalytic polio, Paralytic Polio

Clinical Manifestation

Most affected people have no symptoms at all and patients aren't aware that they have been infected. This is called an inapparent infection . This is what makes the disease petrifying.

Treatment and prevention

Heat and physical therapy is used to stimulate the muscles and antispasmodic drugs are given to relax the muscles. While this can improve mobility, it cannot reverse permanent polio paralysis. Polio can be prevented through immunization. There are safe and effective vaccines. The strategy to eradicate polio is therefore based on preventing infection by immunizing every child until transmission stops and the world is polio-free.

Summary

Polio disease is caused by poliovirus. In order for the world to become polio free, everyone has to be vaccinated because the disease can cause paralysis or even death.

References

<https://www.cdc.gov/dotw/polio/index.html>
<https://www.mayoclinic.org/diseases-conditions/polio/symptoms-causes/syc-20376512>