Join The Conversation, Again!

Lindsey A. Unger, MS, CCC-SLP
SLP’s Role in PD Management

- Evaluate and Treat Individuals with:
  - Speech Impairments
  - Voice Impairments
  - Swallowing Impairments
  - Cognitive-Communication Impairments
• Up to 89% of people with Parkinson’s Disease can struggle with speech production.
Common Communication Impairments Associated with PD

- Reduced Vocal Volume
- Hoarseness or Other Changes in the Quality of Your Voice
- Monotone
- Articulation Impairments
- Increased Speech Rate or Reduced Speech Rate
- Vocal Tremor
- Dysfluencies “stuttering”
INTENT!

- Ways We Control Movement:
  - Extrapyramidal System (Automatic Movement, “A Country Road”)
  - Pyramidal System (Conscious, Purposeful Movement, “An Expressway”); Neural fibers travel straight down without stopping to communicate with other structures.
SPEAK OUT! with INTENT

www.parkinsonvoiceproject.com

A two-part therapy approach:

• **SPEAK OUT!**
  • A treatment protocol designed for people with PD
  • 2-3 sessions per week for a total of 12 sessions, targeting concept of INTENT!
  • Speaking with INTENT results in speech sounding louder, clearer and more expressive.
  • Built-in Cognitive Exercises!
  • Daily home exercise program

• **The LOUD CROWD!**—Maintenance program, including daily exercises, weekly group meetings led by a SPEAK OUT! certified Speech-Language Pathologist, regular follow ups every 3-6 months
Strategies for Improving Speech Intelligibility

- Speech Therapy (SPEAK OUT!)
- **PRACTICE** using a loud, good quality voice when talking with other people
- Use it or lose it
- Speak with intent
- Read aloud daily
- Reduce background noise
- Reduce distance between speaker and listener
- Upright posture when speaking
- Take a deep breath before speaking
Tremble Clefs

• “Fighting Parkinson’s One Song At A Time”

• **San Diego Tremble Clefs Rehearsal: Thursdays 1-3pm**
  • Palisades Presbyterian Church, 6301 Birchwood St. San Diego CA 92120
  • Karen Hesley, Director of San Diego Tremble Clefs
  • Call Karen Hesley at 619-445-8623 for more information

• **North County Tremble Clefs Rehearsal: Tuesdays 1:00 to 2:30 PM**
  • St. Andrew’s Episcopal Church, 890 Balour Drive Encinitas, CA 92024
  • Matt Ignacio, Director of the North County Tremble Clefs
  • Email: trembleclefsinfo@gmail.com or Call 619-363-0814
Swallowing Problems in PD

- Coughing/choking while eating or drinking
- Food or liquid getting stuck in your throat
- Difficulty swallowing medications/vitamins
- Unintentional weight loss
- Increased time to eat
- Food or liquid coming out of the nose
- Difficulty with mixed consistencies (solid and liquid combined, soup)
- Recurring pneumonia or chest congestion after eating/drinking
- Aspiration
Aspiration

- The leading cause of death in Parkinson’s Disease is aspiration pneumonia due to swallowing disorders (*Troche et al. Neurology. 2010 Nov 23; 75(21): 1912-1919*).
- Aspiration occurs when liquid, food, saliva, or other contents enter the airway below the level of the vocal cords.
- Swallowing problems often go un-reported in people with Parkinson’s Disease.
- Aspiration events that would typically cause coughing/choking can sometimes occur “silently” in people diagnosed with Parkinson’s Disease, meaning that the vocal cords do not trigger the same reaction. Cough efforts may be decreased or non-functional to clear the material from the airway.
- This increases the likelihood for development of aspiration pneumonia.
Treatment of Swallowing Problems in PD

- Complete a Clinical Swallow Evaluation
- Video Swallow Study (VSS), if indicated
- Design and implement therapy
- Diet modification
- Compensatory-designed to compensate for loss of function
- Restorative-designed to improve function
Safe Swallowing Strategies

- Small bites/sips
- Eat/drink slowly
- Sit upright 90 degrees when eating/drinking
- Do not talk while eating
- Reduce/eliminate distractions while eating
- Eat soft/moist foods avoid dry/hard foods
- Use an effortful swallow (hard swallow) when eating/drinking
- Stay seated upright at least 30 minutes after meals
Pre & Post Speech Therapy Video

- https://www.youtube.com/embed/qLRQqv6PF7k?rel=0
- https://www.youtube.com/embed/p-im5pLJWEM?rel=0
CONTACT

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