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SPEECH & SWALLOWING THERAPY FOR PARKINSON'S DISEASE

Parkinson's Disease & Speech

Voice and articulation problems are common in people with Parkinson's Disease (PD). This may lead to others having difficulty understanding people with PD when they speak. 90% of people with PD develop problems with speech (1). A number of speech therapy techniques are available to improve intelligibility and quality of life.

Parkinson's Disease & Dysphagia

Dysphagia is a problem related to eating, drinking and swallowing. This is a potentially dangerous condition and should be identified as soon as possible. More than 80% of people with PD develop dysphagia (2). The person with PD may not be aware of the swallowing problem. Because of this, it is important to monitor for signs of dysphagia.



Signs of dysphagia

- Difficulty initiating swallowing
- Long chewing times
- Coughing or frequent throat clearing
- Eyes watering
- Color changes
- Difficulty breathing
- Wet or gurgly sounding voice
- Feeling that food is stuck in the throat
- Chest infections
- Weight loss
- Frequent fevers

If you or your loved one has Parkinson's Disease, early intervention is an important predictor of success of speech and swallowing therapy. Preventative treatment can help to slow the onset of speech and swallowing disorders.

(1) Tjaden, K. (2008). Speech and swallowing in Parkinson's disease. *Topics in geriatric rehabilitation*, 24(2), 115.

(2) Suttrup, I., & Warnecke, T. (2016). Dysphagia in Parkinson's disease. *Dysphagia*, 31(1), 24-32.