



SERTOMA SPEECH & HEARING CENTERS

# Therapies for Parkinson's Disease

## Damaged feedback circuits

PD often damages the feedback circuits you rely on to regulate how loud you speak and manage your facial expressions used to enrich your face-to-face spoken communication. As a result of PD, you might think you're talking loud enough, but you are not.

## Get an early start

A vital first step for restoring your voice is scheduling an appointment with a speech-language pathologist (SLP) to assess your current situation (screenings are free, 21 and older). You will benefit three ways, namely

1. Scheduling your first visit as soon as possible makes it easier for you to increase the loudness of your voice without straining it.
2. Completing a baseline evaluation provides the insights your SLP needs to select the best treatment for you.
3. Evaluating your ability to swallow is critical. Difficulty swallowing can have a significant

impact on your quality of life. In your initial meeting, your SLP will want to know if you cough or choke while eating.

## Meet Dr. Michelle Morrison

Michelle is certified in both LSVT LOUD and SPEAK OUT! She has learned a lot about PD from her patients in her 30 years of clinical practice. She understands the struggles and motivation of PD patients to restore their voice—and believes patient-clinician teamwork is the way to succeed.

## How are these therapies performed?

LSVT LOUD and SPEAK OUT! are standardized treatment protocols done in a series of one-on-one sessions with Dr. Morrison. Based on your initial visit, she will help you make the right choice of therapy for you.

- **LSVT LOUD** involves 16 one-on-one sessions, four consecutive days a week over a total of 4 weeks with daily home-

work and carryover exercises.

- **SPEAK OUT!** consists of 12 one-on-one speech therapy sessions, 3 per week for four consecutive weeks. Sessions involve speech, voice, and cognitive exercises.

## The Loud Crowd

For graduates of LSVT LOUD and SPEAK OUT!, we offer The Loud Crowd® group sessions to continue PD patients' education and skills development. A community of peers, The Loud Crowd supports and motivates PD patients.

## Visit us at [sertomacenter.org](http://sertomacenter.org)

Learn more about our professional services for speech and hearing disorders and get turn-by-turn directions to our Crest Hill and Palos Hills IL offices.

Sertoma Speech & Hearing Centers is a 501 (c)(3) nonprofit dedicated to communication health-care since 1978.

CREST HILL - 630-633-5060  
PALOS HILLS - 708-599-9500

For directions and office hours:  
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