

# CLINIC CONVERSATIONS



YOUR FAMILY'S HOME  
FOR HEALTHCARE

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Winter 2022

## Speak with Intent

*Ethan Wash, M.S., CCC-SLP*

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*Assistant Professor, Speech-Language Pathology*

Almost everyone with Parkinson disease (75-90%) will experience changes to their speech and voice. As muscle coordination changes, speech becomes quieter and faster, occurs in short, fast bursts, or may sound slurred or monotonous.

The person with Parkinson disease may not notice a change at all because the disorder also affects how they hear themselves. A family member is often the first one to become aware of the speech changes.

Speech therapy can help people with Parkinson Disease recalibrate the way they talk and hear themselves, allowing them to speak with louder, clearer voices. One of the most popular therapy options is SPEAK OUT!®, which helps people with Parkinson disease regain control of their speech. The program helps clients to speak with intent and practice clearer speech in daily life. It is usually completed in 12 individual therapy sessions over four weeks.

Once clients complete their SPEAK OUT!® program, they are encouraged to join The LOUD Crowd®, a therapy group for people with Parkinson disease that meets once a week to provide members with support and practice through discussions and activities.

The SPEAK OUT!® and The LOUD Crowd® therapy programs were developed at the Parkinson Voice Project in Richardson, Texas. For more information regarding this popular therapeutic program for Parkinson disease, please visit: <https://www.parkinsonvoiceproject.org/>



## Save the Dates

### Free Dental Day for Veterans

Friday, April 1

### Give Kids A Smile

Saturday, April 23

Pre-registration is required,  
and event details will be  
posted soon on the [Dental  
Institute website](#).

## Sensory Integration in Children

*Mikaela Lyding, M.O.T., OTR/L, Clinical Assistant Professor, Occupational Therapy*

Does your child have trouble paying attention in school or have a meltdown at the end of the day from trying too hard to be a "good kid"? Have you ever wondered if this struggle was something other than a behavioral challenge?

As children develop, they may experience differences in their sensory processing, which can make seemingly minor tasks seem difficult and can turn minor problems into big meltdowns. Sensory processing starts in the womb and accelerates throughout childhood. It is the development and integration of sensations that are experienced with one's own body and from the external environment.

A few examples of poor sensory integration can include:

- **Sight:** Sensitivity to bright lights
- **Sound:** Poor tolerance of loud or unexpected noises, such as a fire alarm
- **Smell:** Hypersensitivity to odors
- **Touch:** Sensitivity to the feel of new clothing, or a dislike of being touched
- **Taste:** Picky eaters
- **Vestibular:** Car sickness, or avoidance of swings or slides
- **Proprioceptive:** Falling or clumsiness



Children who exhibit any of the above symptoms may have sensory processing issues. An Occupational Therapist's early identification, evaluation, and treatment is critical for improving sensory integration and providing children with the best opportunities for success. [Click here](#) to read the full article on our website.



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# Tips to Prevent Falling

Celeste Delap, D.P.T., PT, GCS

Clinical Assistant Professor, Physical Therapy



Midwestern University Therapy Institute offers the first Computer Assisted Rehabilitation Environment (CAREN) system in Arizona. The CAREN provides integrated, cutting-edge virtual reality assessment and treatment services for multiple complex health and vision conditions affecting patients of all ages, including stroke, Parkinson disease, brain injury, balance/vestibular issues, and more.

Many people fall because they lose their balance. The ability to maintain balance results from a complex interaction of four major systems and depends on information received by the brain from the eyes, muscles and joints, and vestibular system. Disruption of just one of these factors can lead to balance problems and a higher risk of falling; however, problems with the vestibular system in the inner ears can be a common cause of falling.

Patients with vestibular issues typically report symptoms of dizziness that can include light headedness, vertigo (the sensation of falling when not moving), feeling faint or actually fainting, or disequilibrium/loss of balance. Physical therapists examine both vestibular and nonvestibular causes of imbalance or dizziness and perform tests and measurements to determine which system is impaired and determine how to correct it. A Vestibular Rehabilitation Therapy (VRT) specialist provides specific exercises that retrain the brain to recognize and process signals from the vestibular system that can prevent falling.

Another vestibular issue is Benign Paroxysmal Positional Vertigo, which is an involuntary movement of the eyes with the illusion of movement or sensation of spinning. A treatment for this condition is the canalith repositioning maneuver, also referred to as the Epley maneuver. This procedure helps reposition small crystals within the inner ear, which can be done in one to three visits. Since dizziness is abnormal and is not a typical part of aging, it is important to see a healthcare professional with vestibular training to help determine the cause of symptoms and appropriate treatment.



MIDWESTERN UNIVERSITY & FOOTHILLS LIBRARY PRESENT:

## COMMUNITY HEALTH LECTURE SERIES

Monday, February 14, 2022 | 6:30 to 7:30 PM

### Oral Health for Target Populations

Presented by Denise Mills, D.D.S., M.H.A., Ed.D., Clinical Care Coordinator, and Anita Chu, D.D.S., FAGD, Clinical Assistant Professor, College of Dental Medicine-Arizona

Monday, March 14, 2022, 2021 | 6:30 to 7:30 PM

### “Rare” is Everywhere!

### An Exploration of Rare Diseases

Presented by Melinda Burnworth, Pharm.D., BCPS, FASHP, FAzPA, Professor, Pharmacy Practice, College of Pharmacy, Glendale

Monday, April 11, 2022 | 6:30 to 7:30 PM

### The Legacy of Knowledge through the Gift of Body Donation

Presented by Sandra Inouye, Ph.D., Associate Dean for Academic Affairs and Director of Body Donation Program and Anatomical Laboratories, College of Graduate Studies

Monday, May 9, 2022 | 6:30 to 7:30 PM

### How Veterinary Pathology Can Help Your Animals

Presented by Danielle Gordon, D.V.M., M.S., DACVP, Assistant Professor, Clinical Pathology, College of Veterinary Medicine

For more information and a schedule of upcoming lectures, visit: [www.midwestern.edu/chls](http://www.midwestern.edu/chls)

Did you know the Midwestern University Clinics sponsor and participate in many clinical research trials related to conditions such as dry eye disease, diabetes, headaches, and others? For more information on how to become a participant, visit: <https://www.mwuihi.com/clinical-studies-2>

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