Understanding Parkinson’s Disease

Introducing DuBois Nursing Home’s Parkinson’s Care Program
Premier Therapy LSVT LOUD Treatment
What is Parkinson’s Disease?
Parkinson’s disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease.

The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson’s itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the United States.
People with PD may experience:
- **Tremor**
  Mainly at rest and described as pill rolling tremor in hands. Other forms of tremor are possible.

- **Bradykinesia**
  Defined by slow movement and an impaired ability to move the body swiftly on command.

- **Limb Rigidity**

- **Gait and balance problems**
The first step to living well with Parkinson’s disease is to...

Understand the disease and the progression:
Is It Possible to Have a Good to Great Quality of Life With PD?
YES.

Working with your doctor and following recommended therapies are essential in successfully treating symptoms by using dopaminergic medications. People with PD need this medication because they have low levels or are missing dopamine in the brain mainly due to impairment of neurons in the substantia nigra.

It is important to understand that people with PD first start experiencing symptoms later in the course of the disease because a significant amount of the substantia nigra neurons have already been lost or impaired. Lewy bodies (accumulation of abnormal alpha-synuclein) are found in substantia nigra neurons of PD patients.

Scientists are exploring ways to identify biomarkers for PD that can lead to earlier diagnosis and more tailored treatments to slow down the disease process. Currently, all therapies used for PD improve symptoms without slowing or halting the disease progression.
In addition to movement-related (“motor”) symptoms, Parkinson’s symptoms may be unrelated to movement (“non-motor”).

People with PD are often more impacted by their non-motor symptoms than motor symptoms. Non-motor examples include:
- Apathy
- Depression
- Constipation
- Sleep Behavior Disorders
- Loss of Sense of Smell
- Loss of Cognitive Impairment
10 Early Signs of Parkinson’s Disease
- Tremor
- Small Handwriting
- Loss of Smell
- Trouble Sleeping
- Trouble Moving or Walking
- Constipation
- A Soft or Low Voice
- Masked Face
- Dizziness or Fainting
- Stooping or Hunching Over
What Can You Do If You Have PD?

Work with your doctor to create a plan to stay healthy. This might include the following:

- A referral to a neurologist, a doctor who specializes in the brain.
- Care from an occupational therapist, physical therapist or speech therapist.
- Meeting with a medical social worker to talk about how Parkinson’s will affect your life.
- Start a regular exercise program to delay further symptoms.
- Talk with family and friends who can provide you with the support you need.

The Parkinson’s disease information provided on pages 1 through 13 is from the Parkinson’s Foundation website: contact@Parkinson.org
DuBois Nursing Home’s Premier Therapy Speech and Voice Program

Specifically for individuals with Parkinson’s disease.
Introducing LSVT LOUD®. It Works.
What is LSVT LOUD?

- LSVT (Lee Silverman Voice Treatment) LOUD is an evidenced-based voice and speech treatment for individuals with Parkinson’s disease and other neurological disorders. LSVT LOUD focuses upon enhancing vocal loudness and promoting pitch variation to improve communication with others. LSVT LOUD utilizes a hierarchy of exercises that promote healthy, normal loudness with no vocal strain. Research has also demonstrated improvements with speech intelligibility and articulation, facial expression, swallowing, and brain related changes related to voice and speech.
How is LSVT LOUD delivered?

- LSVT LOUD is delivered by speech-language pathologists who have completed LSVT LOUD certification. Treatment is comprised of 16 sessions, 4 consecutive days a week for a total of 4 weeks. Each session is one hour and designed specifically for the communication needs of that individual. At the end of each session, daily homework practice and carryover exercises are provided to maximize success.
Benefits of LSVT LOUD?

- LSVT LOUD benefits individuals with mild to severe speech and voice disorders. It is encouraged that individuals seek treatment as soon as voice and speech changes are noticed. LSVT LOUD is a lifelong journey that greatly improves quality of life and life participation as well as decreasing progression of vocal deterioration.
Meet the DuBois Nursing Home
Premier Therapy’s
Speech-Language Pathologist

Introducing Christiana Fremer, Speech-Language Pathologist at DuBois Nursing Home. She has been employed by Premier Therapy at the Continuum, since October 2020.

Christiana completed her undergraduate and graduate studies at Clarion University. After she graduated in May of 2015, she moved back to her hometown of Erie, Pennsylvania where she worked with children birth to three years with speech and language delays.

Christiana thoroughly enjoyed working with children and gained wonderful experiences.
However, Christiana’s heart was with working with the adult and elderly populations. In July of 2016, she moved to Brockway, Pennsylvania and accepted a speech therapy position at a skilled nursing facility in Punxsutawney, Pennsylvania. Christiana married in December of that year and had her first child, Theodore, in June 2020.

Over the years, she has treated many individuals with cognitive and communication disorders, voice disorders, and swallowing deficits. Christiana is certified in LSVT LOUD (Lee Silverman Voice Treatment), a specialized speech and voice program for individuals with Parkinson’s disease. She is very passionate about speech therapy and truly loves what she does. In Christiana’s own words, “There is nothing better than assisting those in meeting their goals and improving their quality of life.”
To learn more about the LSVT LOUD Treatment Program...

Contact DuBois Nursing Home’s Premier Therapy at 814-375-3952 and ask for Christiana Fremer.
For a FREE Brochure on LSVT LOUD

1. Visit our website: www.duboisccci.com
2. Click on Parkinson’s Treatment Program
3. Click on LSVT LOUD
DuBois Nursing Home

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We’re Here for You When You Need Us.