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SWALLOW SAFELY

How Swallowing Problems
Threaten the Elderly and Others

A Caregiver's Guide to
Recognition, Treatment,
and Prevention

Help For Persons with Stroke,
Parkinson Disease, Multiple Sclerosis,
Alzheimer Disease, ALS, Cancer, COPD,
Heart Disease, and Head Injury

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Swallow Safely: How Swallowing Problems Threaten the Elderly and Others. A Caregiver's Guide to Recognition, Treatment, and Prevention



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Many people these days know about the dangers of dropping in the elderly. SWALLOW SAFELY seeks to erase this understanding gap. Relatively few people, however, realize the danger of swallowing complications. Caregivers execute a lot to avoid these tragic mishaps from occurring. They, too, take thousands of lives every year through choking, pneumonia, and malnutrition. Falls take into account nearly 20,000 deaths yearly in the usa. The book presents in clear, non-technical language with illustrations how swallowing functions normally, how stuff can go wrong, what symptoms to watch out for, and ways to get help. The publication is written mainly for caregivers of elderly persons and others with medical and neurologic problems such as stroke, Parkinson disease, multiple sclerosis, tumor, and Alzheimer disease which are commonly connected with swallowing problems. Appendices include a Letter For Your Doctor and IDEAS FOR Safe Swallowing.



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I would haven't stuffed my father's mouth area full of food had Swallow Safely been available. Toward the end of my father's life, he had difficulty chewing food and eventually swallowing. Swallow Safely: How Swallowing Complications Threaten the Elderly and Others. A Caregiver's Guideline to Reputation, Treatment, and Prevention [Paperback] by: Roya Sayadi and Joel Herskowitz is certainly a book that I needed and benefitted quite definitely insurance firms this, as I have been coping with silent aspiration since completing my radiation for cancers of the throat. This book is and was very useful for me as I have been learning how to eat again. I never believed that I'd go through the eating challenges that I have proceeded to go through but I really do now. This book has helped me a whole lot in dealing with my eating problems. pneumonia may not show up for months following a choking incident. I am pleased I've it. 78 and in appendix. This is an excellent a book, super easy to read (I read it within 2 hours). But with a mother who is 98 and has developed difficulties eating a meal without coughing within the last 18 weeks, this is quite helpful. Excellent Reference This book is required for my graduate-level medical speech-language pathology course, to supplement our textbook. I find this book incredibly useful. It is very easy to follow, with just enough detail provided to get a functional knowledge of the swallowing mechanism, possible abnormalities or complications, and dysphagia management/treatment. I understand I could have been much better informed had Swallow Safely been available while my dad was still alive. I recommend this publication to anybody who is at an increased risk for a swallowing disorder or who is the caretaker for this individual. Additionally it is highly useful for students or professional, as it provides a clear example of how to greatest educate and counsel caretakers of or people who've or are at threat of dysphagia.. Recommended for family and professional caregivers for those encountering swallowing difficulties because of stroke, Alzheimer's, MS, ALS, cancer, cardiovascular disease, and even healthy individuals who encounter swallowing problems.. yet, with an estimated 600 swallows daily, a lot can fail!... As a future speech pathologist I found it extremely beneficial to have the list of medications that may impact swallowing, as that is something we usually do not typically get directly instructed on inside our graduate programs. SWALLOW SAFELY Very interesting knowledge obtained out of this book ! This is a must to know what this publication teaches. All Parkinson's disease should read it. Explanations Good explanations concerning how the overall body adjusts to age, various illnesses and what's helpful to prevent choking. My review of a great book about Swallowing Safely. I didn't know it then. One morning hours, while feeding him breakfast at the nursing house, I stuffed a lot more meals in his mouth area, thinking this might stimulate him to swallow. Upon viewing his stuffed cheeks, the aide who usually helped him eat exclaimed, "Brenda what exactly are you doing?" Embarrassed I confessed, "He won't consume!" What did I understand? I'm embarrassed to admit it right now, thanks to Roya Sayadi, PhD, CCC-SLP and Joel Herskowitz's, MD new book. Swallow Safely educates and empowers caregivers to prevent those with swallowing complications from choking. Difference between a "café coronary" and a coronary attack, p. 15. It's amazing how many folks don't even concentrate on our feeding on; But with a mother who . Highlights: Four-actions to the swallowing process, p. 85. Heimlich maneuver--on another person and self-administered, p. Sayadi and Herskowitz caution family caregivers to become more specific in supporting loved ones define their advance directives. Two additional points bear mentioning: follow then stick with a choking person, as embarrassment may cause him/her to keep the placing. This book is an excellent book to have when you have a swallowing problem of any type I would recommend this book. Medicines and how exactly to manage them when they cause dryness and swallowing problems, p. well-written and easy to read I am finishing up my graduate system in speech-language pathology and

wanted a resource I could refer my patient's family members to. Tips for acquiring meds, p. 49. Browse this twice, it can save your or your loved one's life! 91- 107. What factors to expect when going for a thorough swallowing exam, p. 113. The role of the caregiver, p. Given the amount of medical terms used through the entire book, it would have been nice to make reference to a glossary-something the authors should consider including in a subsequent edition. Nothing to review to. Info especially helpful for PD sufferers with new swallowing problems I already knew a lot of the information, but I learned enough new information that the reserve was worthwhile and it confirmed much of what I knew. recommendations are completed. Nothing to review to., your endurance and strength that enable you to end up being with someone you love through difficult instances. Mindful swallowing, p. 125. Treating swallowing problems including: warnings about combining foods, the need intended for sensory stimulation and aiding the swallow reflex with an ice-cold applicator dipped in lemon juice, diet modification will get emotional, aspirating even while tube feeding, pgs. Appendices include a form where you can record your observations of a loved one's problems swallowing and tips for swallowing safely. 58. Many are either DNR (Do Not Resuscitate) or resuscitate. Yet, there remains lots of gray area among these extremes, such as for example when a mildly impaired specific chokes on a bone. In such an instance, detailed instructions on the Heimlich maneuver can be found. 121 I was particularly touched by this paragraph (*italics added for emphasis*): It really is your love that guides you for more information, your caring that ensures. Also, as one whose nose runs each time I eat, Let me learn more about this and why it occurs. When I asked Herskowitz, he offered the following explanation: The runny nose and the watery eye result from reflex irritation of the mouth area, throat, or (most ominously) the larynx. It really is written at a level for the layperson to comprehend, and very informative. The book would be especially ideal for someone with an acute swallowing problem. Good information to keep your beloved safe If you or your loved one is having swallowing issues, this is the book for you personally. Reviewed by Brenda Avadian Editor, The Caregiver's Tone of voice Book Review Four Stars good tips and instruction Five Stars Concise and useful information. Gives you several tips on helping them swallow and in addition alerts you on what things to watch out for in case they are aspirating.



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