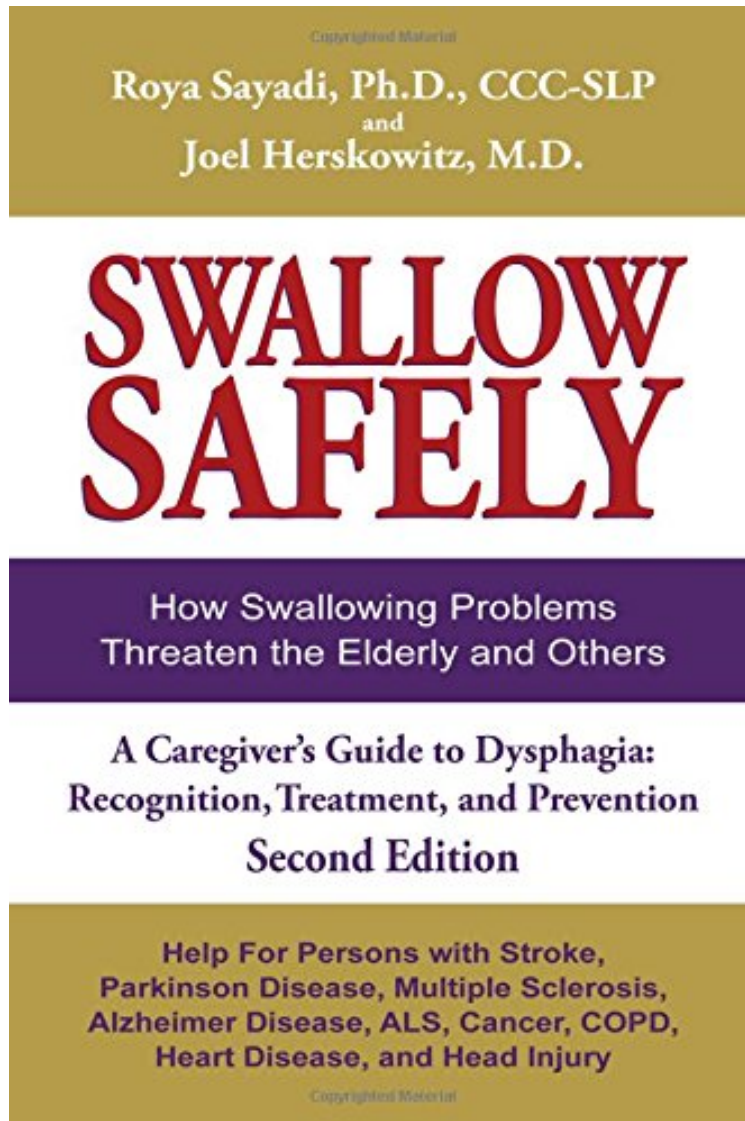


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## **Swallow Safely. How Swallowing Problems Threaten the Elderly and Others. A Caregiver's Guide Dysphagia: Recognition, Treatment, and Prevention (Second Edition)**

*Roya Sayadi, Ph.D., CCC-SLP, Joel Herskowitz, M.D.  
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0 of 0 people found the following review helpful. Swallowing bookBy Joann SHUseful information. Helpful for patients and families.0 of 0 people found the following review helpful. What you can do to prevent swallowing problems and why this is SO important.By Gretchen RobinsonI run two support groups for people with Parkinson's Disease, many of whom have swallowing difficulties. This is the kind of accessible, up to date, helpful guide people need. Those who have problems swallowing can better understand what they are up against and work to put in place a protocol that helps them avoid aspirating food and water. That means less anxiety when eating, fewer visits to the ER, and less hospitalization for aspiration pneumonia. Stay safe and manage your swallowing. It's empowering.1 of 1 people found the following review helpful. Great ResourceBy lynette c. schultzGrwat general resource for patientand family!

Many people these days know about the dangers of falling in the elderly. Falls account for nearly 20,000 deaths annually in the United States. But did you know that swallowing problems are just as dangerous -- if not more so? They, too, take tens of thousands of lives every year through choking, pneumonia, dehydration, and malnutrition. SWALLOW SAFELY seeks to erase this knowledge gap. It presents in clear, non-technical language (with illustrations) how swallowing works normally, how things can go wrong, what symptoms to watch out for, how to get help, how to prevent swallowing problems, and what treatments are available. It is written primarily for caregivers of older persons with swallowing problems (dysphagia) and others with medical and neurologic problems such as stroke, Parkinson disease, multiple sclerosis, cancer, and Alzheimer disease often associated with swallowing problems. Appendices include a Letter For Your Doctor and Suggestions For Safe Swallowing. The Second Edition has been updated through 2016 and includes an extensive, reader-friendly Index. Speech-language pathology, occupational therapy, and physical therapy students will find the book especially useful, as will nursing and physician assistant students.

Well written and easy to read. I think this book will be very helpful to dysphagic patients, their families, and all of us who love to eat. I liked it very much. Jeri Logemann, Ph.D., CCC-SLP, Ralph and Jean Sundin Professor, Communication Sciences and Disorders, Northwestern University. --First EditionDon't wait for a swallowing disaster. This book tells you how to keep a swallowing problem from becoming fatal. Henry J. Heimlich, M.D., Author of Heimlich's Maneuvers, 1984 Recipient of the Albert Lasker Public Service Award. --First EditionA well-researched, informative guide for those caring for the elderly or the ill. This book will save lives. ForeWord s --First EditionAbout the AuthorRoya Sayadi, Ph.D., CCC-SLP, is a graduate of the Iran University of Medical Sciences in Tehran. She received her Ph.D. in neurogenic communication disorders from Michigan State University and has taught speech-language-swallowing pathology at the undergraduate and graduate school levels. She has extensive clinical experience working with persons with swallowing problems associated with a wide variety of medical and neurologic illnesses. Joel Herskowitz, M.D., Dr. Sayadi's husband, is a graduate of Princeton University and the Albert Einstein College of Medicine. A board-certified pediatric neurologist, he is on the faculty of the Boston University School of Medicine. He is the author of Pediatrics, Neurology, and Psychiatry: Common Ground (with N. Paul Rosman, M.D.), Is Your Child Depressed?, and TWISTED!, a play about a woman with Wilson disease.