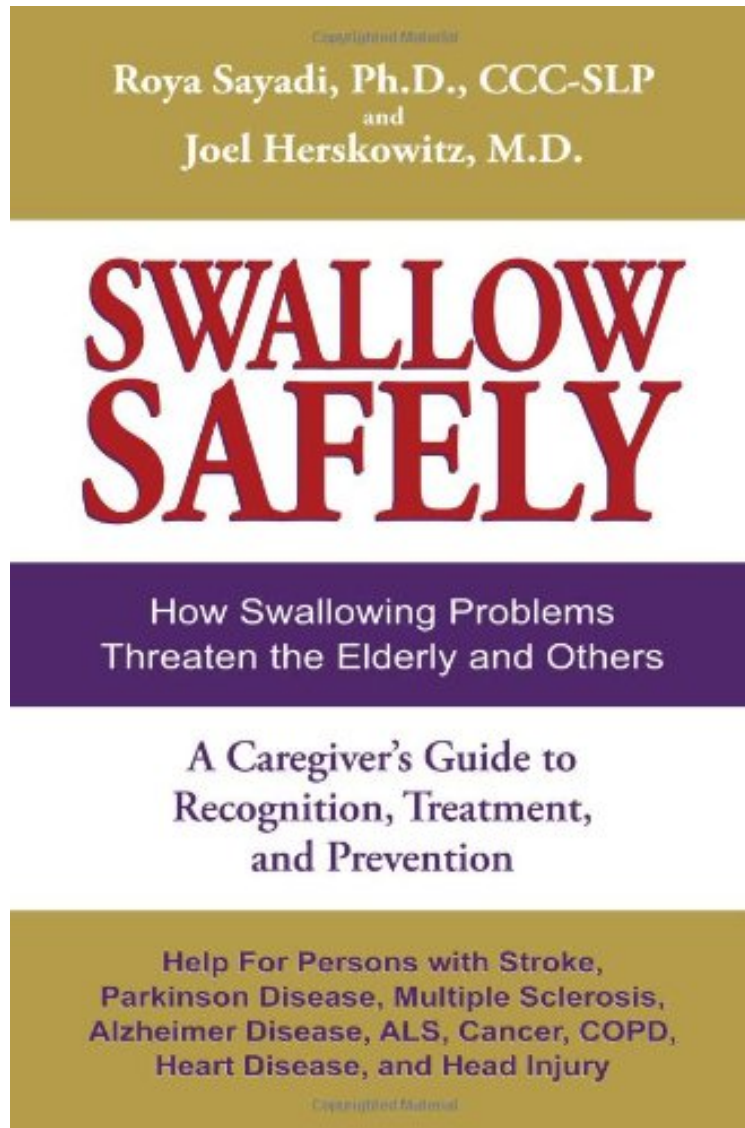


(Library ebook) Swallow Safely: How Swallowing Problems Threaten the Elderly and Others. A Caregiver's Guide to Recognition, Treatment, and Prevention

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

Roya Sayadi, Joel Herskowitz
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Roya Sayadi, Joel Herskowitz : Swallow Safely: How Swallowing Problems Threaten the Elderly and Others. A Caregiver's Guide to Recognition, Treatment, and Prevention before purchasing it in order to gage whether or not it would be worth my time, and all praised Swallow Safely: How Swallowing Problems Threaten the Elderly and

Others. A Caregiver's Guide to Recognition, Treatment, and Prevention:

2 of 2 people found the following review helpful. My review of a great book on Swallowing Safely. By Ervsbookreviews Swallow Safely: How Swallowing Problems Threaten the Elderly and Others. A Caregiver's Guide to Recognition, Treatment, and Prevention [Paperback] by: Roya Sayadi and Joel Herskowitz is a book that I needed and benefitted very much by having this, as I have been dealing with silent aspiration since completing my radiation for cancer of the throat. This book is and was very helpful for me as I have been learning how to eat again. I never believed that I would go through the eating challenges that I have went through but I do now. This book has helped me a lot in dealing with my eating problems. This book is a great book to have if you have a swallowing problem of any type I recommend this book. I am glad I have it. 5 of 5 people found the following review helpful. well-written and easy to read By K.SLPI am finishing up my graduate program in speech-language pathology and wanted a resource I could refer my patient's families to. This is a great a book, very easy to read (I read it in under 2 hours). As a future speech pathologist I found it extremely helpful to have the list of medications that may impact swallowing, as this is something we do not typically get directly instructed on in our graduate programs. 0 of 0 people found the following review helpful. Excellent Reference By Ayala This book is required for my graduate-level medical speech-language pathology course, to supplement our textbook. I find this book extremely useful. It is very easy to follow, with just enough detail provided to have a functional understanding of the swallowing mechanism, possible abnormalities or complications, and dysphagia management/treatment. It is written at a level for the layperson to understand, and very informative. I highly recommend this book to any person who is at risk for a swallowing disorder or who is the caretaker for such an individual. It is also highly useful for a student or professional, as it will provide a clear example of how to best educate and counsel caretakers of or individuals who have or are at risk of dysphagia.

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. Caregivers do a lot to prevent these tragic accidents from occurring. Relatively few people, however, realize the danger of swallowing problems. They, too, take tens of thousands of lives every year through choking, pneumonia, and malnutrition. SWALLOW SAFELY seeks to erase this knowledge gap. The book presents in clear, non-technical language with illustrations how swallowing works normally, how things can go wrong, what symptoms to watch out for, and how to get help. The book is written primarily for caregivers of elderly persons and others with medical and neurologic problems such as stroke, Parkinson disease, multiple sclerosis, cancer, and Alzheimer disease commonly associated with swallowing problems. Appendices include a Letter For Your Doctor and Suggestions For Safe Swallowing.

An extremely useful and potentially life-saving book. --Christiane Northrup, M.D., Author of Mother-Daughter Wisdom: Understanding the Crucial Link Between Mothers, Daughters, and Health Don'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 What an eye-opener! Who knew a runny nose could actually be a clue to having a life-threatening swallowing problem? Easy to read and packed with lifesaving knowledge everyone should know. Especially valuable for families and caregivers of elders with dementia, who often develop swallowing problems. --Jacqueline Marcell, Author of Elder Rage, Host of Radio Show Coping with Caregiving Swallowing is a four-step process that usually happens without conscious thought or deliberate physical effort, even though most people swallow approximately six hundred times a day. More than ten individual body parts are involved in swallowing, and muscular weakness or poor coordination during its four phases--preparatory, oral, pharyngeal, and esophageal--can ruin mealtime and put certain people at risk of dehydration, malnutrition, oxygen distress, choking, or pneumonia caused by the inadvertent aspiration of food or drink into the lungs. Patients, family members, and health care providers must be educated and alert for signals of dysphagia, the medical term for difficulty swallowing. Despite its seriousness, too few people know how to identify and treat dysphagia. The authors of this book, a wife and husband team, a speech-language pathologist and neurologist, respectively, have extensive expertise with dysphagic patients, and they have written a well-researched, informative guide for those caring for the elderly or the ill. The book's straightforward language and clear terminology are accompanied by sixteen well-labeled illustrations of the swallowing process. Each chapter ends with a summary of important terms and information for quick reference or review. The authors' comprehensive approach to this quality of life issue extends to their thoughtful decision to publish the book in large print that can be read comfortably by both elderly patients and their middle-aged or aging children and spouses. Swallowing difficulties are often overlooked because their symptoms may be relatively subtle and discounted or ignored. Patients [or caregivers] might not realize that a runny nose during meals, coughing, or excessively slow swallowing can indicate a potentially life-threatening problem with swallowing. The authors include many tips for careful eating that may help restore safety and pleasure to mealtimes. A thoughtful, pre-written Letter for Your Doctor lists swallowing problems and provides space to list hospitalizations, medical conditions, and medications. This book will save lives. --ForeWord s What an eye-opener! Who knew a runny nose could actually be a clue to having a life-

threatening swallowing problem? Easy to read and packed with lifesaving knowledge everyone should know. Especially valuable for families and caregivers of elders with dementia, who often develop swallowing problems. -- Jacqueline Marcell, Author of *Elder Rage*, Host of Radio Show *Coping with Caregiving* About the Author Roy Sayadi, Ph.D., CCC-SLP, is a graduate of the Iran University of Medical Sciences in Tehran. She received her Ph.D. degree from Michigan State University in neurogenic communication disorders. She has taught speech-language-swallowing pathology at the undergraduate and graduates levels. She works with the Natick VNA, having extensive contact with elderly persons with swallowing problems associated with stroke, Alzheimer disease, multiple sclerosis, Parkinson disease, ALS (Lou Gehrig's disease), cancer of the head and neck, lung disease, diabetes, heart disease, and head injury. She lives in Natick, Mass., with her husband. They have four children. 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 he has presented in Boston, Chicago, St. Louis, and Heidelberg.