

VitalStim® Therapy for Swallowing



Individual Care for the Whole Person

Patients who have difficulty swallowing, known as dysphagia, may benefit from VitalStim® Therapy in addition to other swallowing therapy.

What is VitalStim® Therapy?

VitalStim® Therapy is a safe and effective treatment for patients suffering with difficulty swallowing, a condition known as dysphagia.

Pain-free and non-invasive, VitalStim® uses external electrical stimulation to help strengthen muscles that aid in swallowing. It is used in conjunction with swallowing exercises to rehabilitate the swallowing function.

When used as part of a rehabilitation plan that includes traditional swallowing therapy, VitalStim® has been found to help patients accelerate the recovery time from a restricted diet. It also can help patients maintain good, long-term results.

Signs and symptoms of swallowing problems

Some of the signs and symptoms associated with trouble swallowing are:

- coughing and/or clearing throat after swallowing
- abnormal voluntary cough
- decreased voice quality (e.g., wet, hoarse, weak)
- recurring chest infections
- multiple swallows or special maneuvers that are required to clear throat
- difficulty completing a meal
- feeling of food being stuck in the throat
- modified diet required (thickening, pureeing food; soft solids)
- difficulty initiating a swallow
- spilling food or liquid from lips and/or drooling

Who is a typical patient?

Patients who benefit from VitalStim® therapy may include those who have experienced:

- stroke
- other neuromuscular diseases, such as Parkinson's disease or ALS
- head and neck cancer (after radiation therapy) and/or surgery
- de-conditioning as a result of age or co-morbidity

INTERPRETER SERVICES AVAILABLE

Portuguese - Português

Fala Português? Vamos oferecer-lhe um intérprete gratuito.

Spanish - Español

¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

Steward Health Care complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, disability or age.

Services are covered by most insurances.
For more information, call:

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A STEWARD FAMILY HOSPITAL

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