

Parkinson's Disease and Speech-Language Pathology

You Want Me To Do What?

Presented by Dora Jasso, M.A., CCC-SLP, CBIS
December 16, 2025





Disclosure

The information provided in this presentation is for educational purposes and should only be used as a guideline.

The speaker is not receiving financial compensation for this presentation.



The Role of the Speech-Language Pathologist

Communication

- education
- strategies
- facilitate communication

Swallowing

- education
- strategies
- facilitate safer swallowing



Swallowing Difficulty = DYSPHAGIA

Three Phases of Swallowing:

- oral/phase oral preparatory phase
 - pharyngeal phase
 - esophageal phase
- 
- 



Signs & Symptoms of Dysphagia

- Difficulty closing lips
- Difficulty chewing or moving food
- Food remains in mouth and/or cheeks after swallowing
- Difficulty “starting” the swallow
- Coughing/choking during eating and/or drinking





Signs & Symptoms of Dysphagia

- Wet and/or gurgled voice before, during or after eating/drinking
- Food/drink remains in throat after meals
- Difficulty moving food from back of throat into the esophagus
- Poor movement of the esophagus, preventing food from easily entering the esophagus
- GERD!





GERD/Reflux

- Symptoms
- The “Dirty Dozen”
- Reflux-Generating Habits
- Lifestyle Changes



Signs & Symptoms of Dysphagia

- Extra time or effort to eat
 - Drool or spill food from mouth
 - Pneumonia
 - Congestion after eating
 - Unintentional weight loss
- 
- 



Swallowing and Parkinson's Disease

- Dysphagia is more often observed in the advanced stages of Parkinson's Disease.
- 15% of patients with Parkinson's Disease exhibit silent aspiration or don't complain about dysphagia.
- The severity of dysphagia may progress as the disease progresses.





Consequences of Dysphagia

- Weight loss
- Dehydration
- Malnourishment
- Pneumonia
- Loss of joy when eating/drinking
- Embarrassed to eat/drink in front of others





Dysphagia Evaluation & Treatment

- Clinical Dysphagia Evaluation
- Modified Barium Swallow Study
- Compensatory Strategies
- Diet Modification
- Exercises





PARKINSON VOICE PROJECT[®]

SPEAK
Live with Intent **OUT!**[®]



INTENTION in everything you do!



Sample Speech Exercises



- May--Me--My--Moe--Moo
- Counting

Common Phrases

Thank you very much!
How are you?
How is the weather?
See you tomorrow!

It's time to go.
Open the door, please.
Have you seen my glasses?
I'll be there soon.





Sample Speech & Conversation Exercises

I feel happy when...

Do you like...

On our vacation, we...

When are you...

My grandchildren...

My family is...

What time would...

Next time, I...





References



American Speech-Language Hearing Association (2024). Speech, Language and Swallowing Difficulties Are Common in People With Parkinson's Disease

Parkinson Voice Project (2025). SPEAK OUT!
<https://www.parkinsonvoiceproject.org>

Aviv, Jonathan. *The Acid Watcher Diet: A 28 Day Reflux Prevention and Healing Program*. New York, Harmony, 2017





QUESTIONS

A decorative border in a light beige color, featuring intricate scrollwork and floral patterns. It runs along the top, bottom, and sides of the page, framing the central text.

***THANK
YOU!***

A decorative flourish in a light beige color, featuring symmetrical scrollwork and floral patterns, positioned at the top center of the page.A decorative flourish in a light beige color, featuring symmetrical scrollwork and floral patterns, positioned at the bottom center of the page.