

Helping Patients with Speech and Eating Disorders

Speech therapy provides inpatient and outpatient services to help people of all ages who have speech, voice or language disorders, as well as swallowing or eating problems. The speech therapist works with patients through exercises and stimulation to treat their disorders and help them develop or regain daily living skills.

The main areas of treatment for speech therapy include stroke and traumatic brain injury in adults, and cerebral palsy, Down syndrome, and autism in children. Also, patients with vocal problems resulting from disorders such as laryngeal cancer, stuttering, delayed speech and language in children, swallowing disorders, and people using augmentative or alternative communication devices, are treated.

Jenna Winters, M.A., S.L.P., has ten years of experience in speech therapy in hospitals and with private providers, and she is not in her third year as a speech-language pathologist at Highland District Hospital. A Hillsboro native, Jenna has a B.S. degree in speech and hearing sciences and her master's degree in speech and language pathology. In addition, she has specialized certification in Deep Pharyngeal Neural Stimulation (DPNS), for treating swallowing disorders, and VITAL-STIM, involving the use of neuromuscular stimulation to treat swallowing and voice disorders.

The Center for Rehabilitation and Sports Medicine can offer patients a multi-discipline approach to treatment – with speech, occupational and physical therapists working together as a team.

“Each patient, whether child or adult, is treated as an individual with his or her special needs,” says Jenna. “We begin with the physician’s prescription and instructions, do a comprehensive evaluation and then develop a specialized treatment plan for each person.

“Our goal is to help patients regain function or improve impairment to the greatest extent of their capabilities. We also involve the patient’s family and keep them informed at each stage of evaluation and treatment.”

Jenna also works with the local Help Me Grow children’s health and developmental services, where she assists parents with information and resources.

For more information about speech and eating disorders or to find out how to obtain a referral, contact the Center for Rehabilitation and Sports Medicine at 937.393.6163.