



# VitalStim Therapy – A Breakthrough Therapy To Treat Dysphagia



66 W Jimmie Leeds Rd, Galloway

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DIRECTOR OF ADMISSIONS

## Dysphagia

(difficulty swallowing) is an affliction that can profoundly decrease a person's quality of life.



In most severe cases, dysphagia patients must rely on tube feeding to receive nourishment. It is estimated that dysphagia affects between 6 and 15 million adults and an unknown number of children in the United States. Many of these patients develop serious complications, at a staggering cost of billions in health-care expenses.

*Unfortunately, conventional treatment has often failed to offer relief – until now.*

Developed by Marcy Freed, a Speech Language Pathologist, VitalStim Therapy System was designed as a safe and effective non-invasive, external electrical stimulation treatment cleared to market by the FDA (Food & Drug Administration) in 2002 for patients suffering with difficulty swallowing or dysphagia. VitalStim Therapy is backed by comprehensive clinical data. To establish the safety and effectiveness of the treatment, the FDA requested and reviewed data on over 800 patients, and 300 of these patients for a 3 year follow-up. Another published study demonstrated the lasting positive impact of VitalStim in a group of patients for whom previous attempts at dysphagia therapy had failed. The VitalStim Therapy System involves the administration of small, electrical impulses to the swallowing muscles in the throat through electrodes attached to the skin overlaying the musculature. Once the electrodes are placed and current intensity has been increased to a satisfactory level, the certified therapist commences traditional exercise therapy with the patient. The patient exercises the swallowing muscles for periods of up to one hour while receiving concurrent VitalStim.

Developed by Marcy Freed, a Speech Language Pathologist, VitalStim

Therapy System was designed as a safe and effective non-invasive, external electrical

The VitalStim when applied in this manner, increases muscle strength, accelerate cortical reorganization, and increases the effectiveness of the exercise therapy.

The VitalStim Therapy must be prescribed by a physician and can only be administered by a VitalStim-certified therapist. Across the country, Speech Language Pathologists and clinicians are reporting great results for their dysphagia patients. The Health Center at Galloway has always been



committed to provide the latest technology and up to date services to our clients. Thanks to Kristy Pantano, Speech Language Pathologist, and a VitalStim-certified therapist

with Select Rehabilitation our patients can take advantage of this treatment. Physical, Occupational, and Speech Therapy is offered 7 days a week so our patients can maximize their rehabilitation time at the facility.



## Community Event:

**CE Breakfast with Stockton:** 7:30 am-9 am  
1st Wednesday of the Month,  
January 5, February 2, March 2.  
Call Sherri Ridgway or register through Stockton website

**Amputee Support Group**  
2nd Wednesday of Month.  
Note new time: 2:00 p.m.

## THE HEALTH CENTER AT GALLOWAY

### Senior Management North

When loved ones can no longer care for themselves or are recovering from injury or serious illness such as a heart attack or stroke, the entire family is affected. Our experience has taught us that successful rehabilitation and living a life with dignity involves everyone.

The focus of skilled nursing and rehabilitation is on the whole person beginning the day of admission when the patient meets with a team of professionals who develop a personalized plan of care. Each patient is an individual and age is not the number of years one has lived but instead their physical and emotional condition. With this in mind, a plan of care is developed with the patient and family members are encouraged to participate. We begin with personal preferences. Are you a morning person? Do you eat a big breakfast? Do you prefer showers or baths?

Whether rehabilitating or in need of skilled nursing care, getting to know who someone is and what they value helps make patients more comfortable, facilitates quicker recovery and allows residents to live a life with greater dignity.

Call a local facility at (609)748-9100 to make an appointment and let us help you through the process.

Admissions are accepted 24 hours per day and 7 days a week...

## The Health Center at Galloway

66 West Jimmie Leeds Road, Galloway, New Jersey 08201

(609)748-9100

WWW.SENIORSNORTH.COM

### We Offer:

- Short-Term Rehabilitation
- Sub-Acute Care
- Skilled Nursing
- Long-Term Care
- Respite Program.

*Our licensed professional staff is among the best trained in health care, continually upgrading their skills to provide the highest level of care and supervision 24 hours a day.*

*If you'd like to make a referral, schedule a tour or if you would like additional information, call our Director of Admissions, Sherri Ridgway, at 1-609-748-9100.*