

# HEALTH CHAT



## PARKINSON'S TREATMENT

It is estimated over a million people in the United States are affected by Parkinson's. Although the cause of this disease is still currently unknown, there are treatments to help patients possibly improve function and slow further symptom progression. [Sampson Regional Medical Center's Outpatient Rehabilitation Center](#) offers LSVT LOUD® and LSVT BIG®, customized treatment plans for each specific patient's needs and goals. Regardless of the stage or severity of the patients condition, LSVT LOUD® and LSVT BIG® can help patients feel more comfortable and confident in everyday life.

### What is LSVT BIG®?

LSVT BIG® is a specialized movement program originally formulated for individuals with Parkinson's Disease. The program aims to correct smaller, stuttered movements and increase mobility, fluidity, and ease of daily activities. Though the program is not able to halt the disease process itself, LSVT BIG® has been shown through research to slow progression of movement disorders associated with Parkinson's Disease and improve individuals' independence while reducing risk for falls. Recent research is investigating LSVT BIG® as a treatment for people with chronic stroke.

### What is LSVT LOUD®?

LSVT LOUD® is an effective treatment for people with Parkinson's Disease (PD) and other neurological conditions. LSVT LOUD® trains people with PD to use their voice at a more normal loudness level while speaking at home, work or in the community. Key to the treatment is helping people "recalibrate" their perceptions so they know how loud or soft they sound to other people and can feel comfortable using a stronger voice at a normal loudness level. LSVT LOUD® has recently shown promise for adults with speech issues arising from stroke or multiple sclerosis and children with cerebral palsy or Down syndrome.



For more information on LSVT LOUD® or LSVT BIG®, please refer to [www.lsvtglobal.com](http://www.lsvtglobal.com) or call 910.596.4244 to speak to one of our certified therapists.