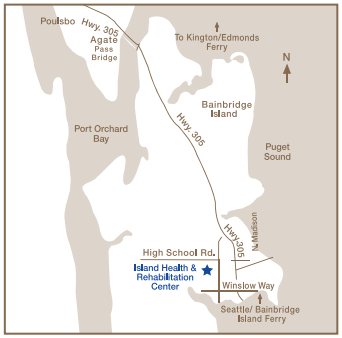
Testimonials:

• *Lester, 66 years old, never had swallowing problems before being admitted to the hospital. He had severe pneumonia and soon was unable to tolerate regular foods and liquids. He came to us on a puree, honey liquid diet. We began VitalStim® treatments and after 14 sessions, he passed a swallow test for regular foods but still required the thickened liquids. We continued with 15 additional sessions and he then passed for thin liquids. These diet changes made a huge impact on his health, because he was eating so poorly prior to the compromised diet. In his own words "I was skeptical at first, but learned to live with it. You saved my life."*

• *Kim, 51 years old, was hospitalized with a brainstem hematoma. Upon arrival, Kim had not been able to take in any food or liquid and was told she would never eat again given the severity of the brainstem bleed. After only 2-1/2 weeks of VitalStim® Therapy, she passed a swallow study for regular foods and nectar liquids. She was so happy and grateful! After 4 more weeks utilizing VitalStim® Therapy, she passed for thin liquids. She was able to return home with her family without her feeding tube and continues to do well. In Kim's words "VitalStim® Therapy gave me the chance to eat when I was told I never would."*



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This center does not discriminate in access to or provision of services.

Providing Care
FROM OUR FAMILY TO YOURS

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Regain the Joys of Life

VitalStim® Therapy:

TREATMENT FOR DYSPHAGIA

Dysphagia and the Effects on Swallowing

Dysphagia is a common condition that makes the previously simple act of swallowing a challenge. This condition affects the elderly and those who have experienced stroke, head or neck cancer, or neurological disorders like Parkinson's disease.

Individuals with dysphagia have trouble swallowing and may encounter pain. Some may even have extreme problems with eating, which raises the potential for malnutrition and increased infections.

How We Use VitalStim® to Effectively Treat Dysphagia

Dysphagia can significantly reduce an individual's quality of life. Few treatment options exist, and without effective treatment, dysphagia can eventually require the use of a feeding tube.

We're proud to offer a new and effective therapy to reduce the pain and inconvenience of dysphagia. VitalStim® Therapy is the first proven treatment for dysphagia. Based on electrical stimulation to retrain throat muscles, VitalStim® is an active therapy that's safe and effective. It's the only therapy backed by compelling clinical data and approved by the Food and Drug Administration (FDA).

Re-Educating the Muscles

Dysphagia is usually characterized by an inability to start muscle movements that affect swallowing. Through VitalStim® Therapy, small electrical currents are used to stimulate the muscles. Our team of healthcare professionals helps every individual "re-educate" their swallowing muscles.

VitalStim® Therapy involves up to 60-minute sessions that include:

- A small current delivered through the electrodes to stimulate motor nerves in the throat.
- Contraction of the muscles responsible for swallowing.
- Swallowing exercises performed, and swallowing improves.
- With repeated therapy, muscles are re-educated.

You Are What Matters Most

Through VitalStim® Therapy, we provide you or your loved one with the tools to help prevent the damages of dysphagia. With your involvement and active participation, the effects of this condition can be lessened. You can feel comfortable and confident knowing that you are what matters most.

To find out how VitalStim® Therapy can help improve your quality of life, please call 206.842.4765 or visit www.extendicare.com