

THE DOCTOR IS IN

Swallowing: An essential for life

Did you know that a swallowing problem, medically termed dysphagia, may occur as a result of a medical problem?

It can involve the oral cavity, the pharynx or the esophagus. Oropharyngeal dysphagia is highly prevalent in older people because of age-related changes in the body. Elderly people often experience loss of muscle mass and function, reduced elasticity of the tissue, changes in the cervical spine, impaired dentition, reduced saliva and reduced sensitivity in the mouth and throat.

Swallowing problems can lead to distress during meals, reduced intake, aspiration of food or liquids that can lead to bronchial inflammation or aspiration pneumonia, reduced quality of life and increased risk of mortality.



Brazier

About the Author: Lorraine S. Berreth Brazier, MA, CCC-SLP, is a practicing speech language pathologist at West Valley Hospital and Salem Health Neuromuscular Program. She holds a degree from Kansas State University and has more than 30 years of clinical experience in dysphagia and neurologic disorders. Lorraine has lived in Oregon for the last four years.

Talk to your primary care doctor about a referral to a speech language pathologist if you suspect that you may have a swallowing problem. An SLP is involved in the diagnosis and treatment of swallowing problems. A comprehensive clinical assessment of swallowing allows the SLP to gather information from:

- Interview/case history and past medical history.
- Physical examination which can include ingestion of food and liquids.
- Collaboration with

physicians, the patient and other caregivers.

A modified barium swallow study, also known as the videofluoroscopic swallow study, may also be completed as part of the comprehensive assessment tool. During the MBSS/VFSS the speech language pathologist provides the patient with various consistencies of food and liquids as the swallow is visualized in real time on an X-ray.

Following evaluation, the speech language pathologist can provide treatments such

as changes to diet, new swallowing strategies or rehabilitative techniques such as exercises with the goal of lasting change in a patient's swallow.

Both the clinical swallow evaluation and the modified barium swallow study/videofluoroscopic swallow study can be completed at West Valley Hospital by a licensed and specially trained speech language pathologist under physician's order.

Medical conditions that commonly result in dysphagia include:

- Stroke.
- Parkinson's disease.
- Dementia.
- Head and neck cancer.
- Multiple sclerosis.
- Gastroesophageal reflux disease.
- Traumatic brain injury.
- Vocal cord disorders.
- Endotracheal intubation.
- Sjogren's disease.

MI TOWN

We all need to do something. Life in MI Town isn't all sunshine and light and singing Kumbaya around the campfire, no matter how much we would hope it to be. Recent news stories about crime, drug and alcohol abuse underscore the seriousness of how things can spin completely out of control and lives can be destroyed in any community.



PATTY TAYLOR DUTCHER
Columnist

with families forever scarred and lives that may never be put back together the same way again.

It doesn't take a rocket scientist to know that methamphetamine use is one of the most horrible things to plague our towns, our state and our nation. Meth destroys more lives than alcohol and other drugs, motor vehicle crashes, fires and natural disasters such as hurricanes and floods combined. You can become addicted after only one use, and the road back is a difficult one indeed,

Babies and children are exposed to dangerous chemicals because of their parents' use. Police officers and child welfare workers walk through houses knee deep in filth, and human and household waste to rescue neglected and abused children in need of physical, as well as emotional nourishment. Cops and social workers alike are doing their best to protect these innocents from even more

damage from those who are supposed to love and care for them. These sights and sounds and smells are not the ones conveyed to viewers of television programs or at the movies. Emotional distress and plain old sweat and tears accompany those who have sworn to protect and serve all the citizens of our communities, and they will carry those memories always.

Hope and help is available to people affected by drug and alcohol abuse. Mothers and fathers are taught parenting skills, anger management, how to handle crisis, and positive things they can do to put their families back together. Job assistance and training is available. Ongoing Alcoholics Anonymous and Narcotics Anonymous groups offer hope and encourage-

ment to everyone whose lives have been affected by addiction and substance abuse.

What can we do in MI Town? We can encourage friends and family members who are struggling with alcohol or drug problems to seek help for those problems. We can give our local law enforcement and child service organizations encouragement and support for the positive things they do to make our communities a safer place to live. We can be good neighbors and watch over young children and families who might need more help and guidance in their lives, and we can all make positive steps to show that methamphetamine use and child abuse is not welcome and will not be tolerated in MI Town.

ENGAGEMENTS

North-Brewer



Joshua North and Star Brewer, both of Dallas, announced their engagement.

The couple plans an April 7 wedding, which will be a small ceremony at a family member's home followed by a honeymoon in Greece.

The groom is the son of Chip and Linda North, of Monmouth. He works as a carpenter apprentice.

The bride is the daughter of Dale Brewer, of Dallas, and Carla Davies, of Silverton. She works as a home care provider, and is pursuing a bachelor's degree in business.

MILESTONE BIRTHDAYS

Hansen - 100th

John Hansen will be celebrating his 100th birthday with a party at the Dallas Retirement Village Health Center on Feb. 8 from 1:30 to 4 p.m. Hors d'oeuvres, beverages and cake will be served. Friends who would like to attend are asked to RSVP to James Hansen, text/call 520-490-0547, or email: jghansen@gci.net.

Lamb - 90th

Charlotte Lamb, longtime Dallas resident, celebrated her 90th birthday, Tuesday.

Events to mark the occasion were held on Sunday with a fellowship hour following the church service at Dallas United Methodist where she has been a member for 73 years. Following the reception, her family hosted a luncheon in her honor.

Charlotte was born in the hotel in Philomath to Clifford and Ethel Jones. She graduated from Dallas High School in 1946. Her gift of singing garnered her a scholarship to study music at Pacific University in Forest Grove. At the time plans didn't work for her to attend. Following graduation she worked in Dallas as a receptionist for Hamilton's Insurance Agency and part-time at The Majestic Theater.

She married A. Curtis Lamb on Nov. 14, 1948, in the Dallas United Methodist Church and they were married for 59 years. Curt died on Dec. 1, 2007. Together they farmed in the Lewisville area (Monmouth) and in Independence before moving into Dallas in 1956.

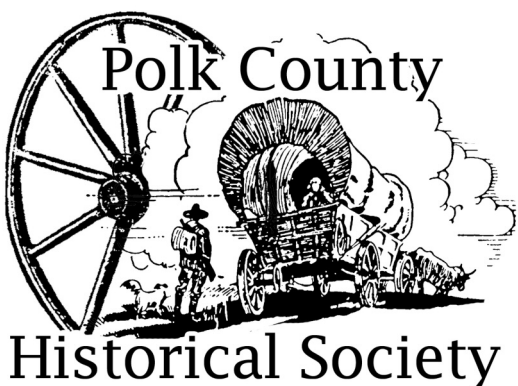
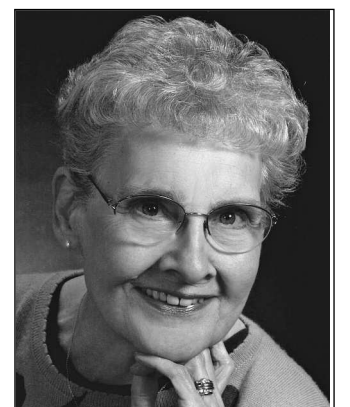
She was active in the Dallas United Methodist Church and served as president of several women's church groups, sang in the choir for more than 70 years, directed both youth and senior choirs, and served as the church secretary for 16 years. Charlotte also sang for many weddings, funerals and other events in the community over the years.

She was recognized by the Dallas Chamber of Commerce as Good Samaritan and by the Dallas Arts Association as Artist of the Year.

She has been a member of Naomi Chapter No. 22 Order of Eastern Star in Dallas for more than 57 years. She currently is active in the chapter and is a past Worthy Matron and a past secretary serving for 16 years.

A talented artist, Charlotte's paintings, have won many special honors at the Polk County Fair and hang in the homes of many local residents.

Her family includes children and spouses, Nancy and Gerry Adams, Peggy and Greg Fisher and Warren and Sue Lamb; grandchildren, Matthew Fisher, David and Melissa Fisher, Scott and Charissa Lamb and Eric and Aika Lamb; and seven great-grandchildren.



The Polk County Historical Society invites all members to our Annual Meeting on Saturday, January 20, 2018.

We will be meeting at 1:30 in the Stafrin room at the Museum in Rickreall.

This meeting is held every year to inform members of the current status of the Museum and Brunk House operations and to elect six members of the board. We will be recognizing the contributions of time and efforts of our volunteers.

This would be a good opportunity to view the on-going changes and updating of our exhibits. Light refreshments will be provided. Call 503-623-6251 (Museum) for more information.



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