

# LSVT LINK

QUARTERLY NEWSLETTER OF LSVT GLOBAL

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## Greetings from the Founders!



Pictured left to right: **Drs. Cynthia Fox and Lori Ramig pose with former U.S. Attorney General Janet Reno (middle) at the 14th Annual Parkinson's Unity Walk, in N.Y. City this past April.**

The LSVT Global engine continues to stampede the speech and physical/occupational therapy community with new research and additional training opportunities worldwide.

This year alone we have trained nearly 300 clinicians in Hong Kong, Canada and the US and will host an additional 16 workshops around the world before the year's end. It is remarkable the energy that we gain when we train new clinicians and watch them come alive with the potential that **LSVT<sup>®</sup>LOUD** and **LSVT<sup>®</sup>BIG** will offer their patients!

As the popularity grows, we are finding many medical facilities wishing to host their own **LSVT<sup>®</sup>LOUD** and **LSVT<sup>®</sup>BIG** Training and Certification Workshops for their clinicians. We have completed a hosted workshop for Frazier Rehabilitation Center in Louisville, Kentucky and will implement another for Intermountain Healthcare Center in St. George, Utah in August. Additional hosted workshops this year and early next year, include stops in Helsinki, Finland, Mainz, Germany, Padova, Italy and Niigata, Japan.

The LSVT-C software for delivery of **LSVT<sup>®</sup>LOUD** treatment is in its final stages of development for commercial release. LSVT Global has partnered with a Colorado based technology company, Magpie Telecom Insiders, Inc, to finalize the software architecture and usability. Our scheduled release for the software is October, 2008.

We will have both a clinician version that allows for data collection, treatment delivery, data analysis and a client version that will allow for home-treatment sessions, homework practice, and continued exercise at the end of therapy.

Please continue to check our website for this exciting new product. [www.LSVTGlobal.com](http://www.LSVTGlobal.com).

We have significantly enhanced our website to provide greater access and network support for clinicians, other medical professionals and patients.

- As a certified clinician, you can now go onto our website and update your information by simply logging in and following the steps listed.
- Kicking off with the Chicago workshop in June, we are now training **LSVT<sup>®</sup>LOUD** Clinicians in the **LSVT<sup>®</sup>eLOUD** option, where you clinicians and patients are linked for therapy via the computer. It is an amazing opportunity!
- Renewal of certification will soon be a click away as we will offer seminars on-line for your convenience.
- The LSVT LINK Newsletter is now a quarterly publication keeping everyone updated on the latest and greatest LSVT Global has to offer.

**Keep watching as the year unfolds to bring new products, new research and new opportunities for clinicians and patients alike. We are on the move and we want you to come along.**

# Success at the Parkinson's Unity Walk!

Thousands of people with Parkinson Disease and their families gathered for an event filled day in Manhattan's beautiful Central Park on Saturday, April 26, 2008 for the **Parkinson's Unity Walk**. As a result of this year's walk, over \$1.7 million dollars were raised for Parkinson's research!



Pictured Left to Right: **Dr. Cynthia Fox, Dr. Lorraine Ramig, Clare McLean, and Angela Halpern**

This year, LSVT Global proudly sponsored a booth. We were part of the "Find A Cure Boulevard" and contributed to the Parkinson's Unity Walk: Community and Education Day. LSVT Global participated in full force educating patients and families about the value of **LSVT<sup>®</sup>LOUD** speech therapy and **LSVT<sup>®</sup>BIG** physical therapy.

The message was "exercise is medicine" and there is something patients can do to gain control over their Parkinson Disease. In addition, we handed out thousands of goodie bags, t-shirts, buttons and pens.

Visit the Unity Walk website to learn how you can participate in next year's 15<sup>th</sup> annual event: [www.unitywalk.org](http://www.unitywalk.org)



Pictured Left to right: **Angela and Evan Halpern**

## Peggy Van Hulsteyn



Pictured Left to Right: **Peggy van Hulsteyn and Dr. Cynthia Fox**

Peggy van Hulsteyn the author of six books and a popular keynote speaker, has written about living with Parkinson's for *Yoga Journal* (USA and Chinese editions) American Parkinson Disease Association publications, *The Albuquerque Journal* and many travel publications.

Her humor and feature articles have appeared in *The Washington Post*, *Los Angeles Times*, *Miami Herald*, *Chicago Tribune*, *San Francisco Examiner*, and *USA Today*, as well as in *Cosmopolitan* and *Mademoiselle* Magazines. Her work has been translated into Japanese, Spanish, Dutch, and Portuguese. Van Hulsteyn lives in Santa Fe, New Mexico with her physicist-turned-advocate husband and two literary cats. She is currently working on a book on **Living Creatively with Parkinson's**, a book of humorous, heart-filled, hopeful essays for people newly diagnosed with PD.

Peggy is finishing a mystery based in Santa Fe, a third in a series of humorous cat books, and of course, she is writing more plays. To learn about her latest Parkinson speech topics or how you can contribute an essay to Peggy's book, visit her web site at [pdhatlady.com](http://pdhatlady.com).

Read Part I of Peggy's exclusive two part series on Page 5 of this newsletter.

## LSVT Global Offerings

LSVT Global has exciting products and workshops for patients and clinicians alike.

### DVDs

- **LSVT<sup>®</sup>LOUD Homework Helper** (*currently available*)  
Speech exercises for people with Parkinson Disease and other neurological conditions (Cantonese Edition coming soon)
- **LSVT<sup>®</sup>LOUD 101 DVD** (*coming soon*)  
Basic introduction lecture for patient support groups
- **LSVT<sup>®</sup>LOUD 202 DVD** (*coming soon*)  
Intermediate lecture for either patient support groups, academic lectures or in-service for health care professionals

### LSVT<sup>®</sup>LOUD & BIG

#### Marketing Brochures (*currently available*)

As a Certified LSVT<sup>®</sup> Clinician, you need to get the word out that you are ready for LSVT business. LSVT marketing brochures are the perfect way for you to advertise yourself as a Certified LSVT<sup>®</sup> Clinician.

#### LSVT<sup>®</sup>LOUD LAUNCHER (*coming soon*)

Will provide clinicians with a variety of materials critical to the successful implementation and integration of LSVT<sup>®</sup>LOUD into their individual practices

#### E-LEARN SEMINARS (*coming soon*)

- **E-Learn Seminars** – On-line learning portal where certified clinicians can earn continuing education credits and sharpen their skills

#### WORKSHOPS (*currently available*)

- **Over 20 Workshops Worldwide in 2008** – For clinicians to become certified in the LSVT<sup>®</sup>LOUD or LSVT<sup>®</sup>BIG treatment methods

#### LSVT<sup>®</sup>E-LOUD (*currently available*)

- **E-Loud Treatment Delivery** – An on-line treatment method where patients can receive therapy from the comfort of their own homes via webcam

#### LSVT-C SOFTWARE (*coming soon*)

- A new software program for LSVT<sup>®</sup> certified clinicians that will facilitate data collection, analysis, and treatment delivery... plus a version for clients that will allow for continued home-treatment, practice, and exercise at the end of therapy.



## 2008 Workshops

### LSVT<sup>®</sup>LOUD

#### Training & Certification Workshop Schedule

New York, NY	July 31-Aug 1
Helsinki, Finland	August 28-29
Mainz, Germany	September 13-14
Sunnyvale, CA	September 18-19
Dallas, TX	October 3-4
Melbourne, Aust.	October 17-18
Charlotte, NC	October 23-24
Sheffield, England	November 13-14
New York	December 4-5
Pavoda, Italy	December 12-13
Boulder, CO	Jan 9-10, 2009
Niigata, Japan	Aug 22-23, 2009
Chicago, IL	June 18-19, 2009

Join the over 4,000 clinicians worldwide already certified in this valuable treatment technique for patients with neurological disorders!

### LSVT<sup>®</sup>BIG Training & Certification Workshops Schedule

Sunnyvale, CA	September 20-21
Dallas, TX	October 3-4
Charlotte, NC	October 23-24

For more information  
and to register for either  
LSVT<sup>®</sup>LOUD or LSVT<sup>®</sup>BIG visit:

website: [www.LSVTGlobal.com](http://www.LSVTGlobal.com)

Call: 1-888-438-5788

Email: [info@LSVTGlobal.com](mailto:info@LSVTGlobal.com)



# HEY, I CAN DO THAT! By Peggy van Hulsteyn

## My Lee Silverman Voice Treatment training made me a star!

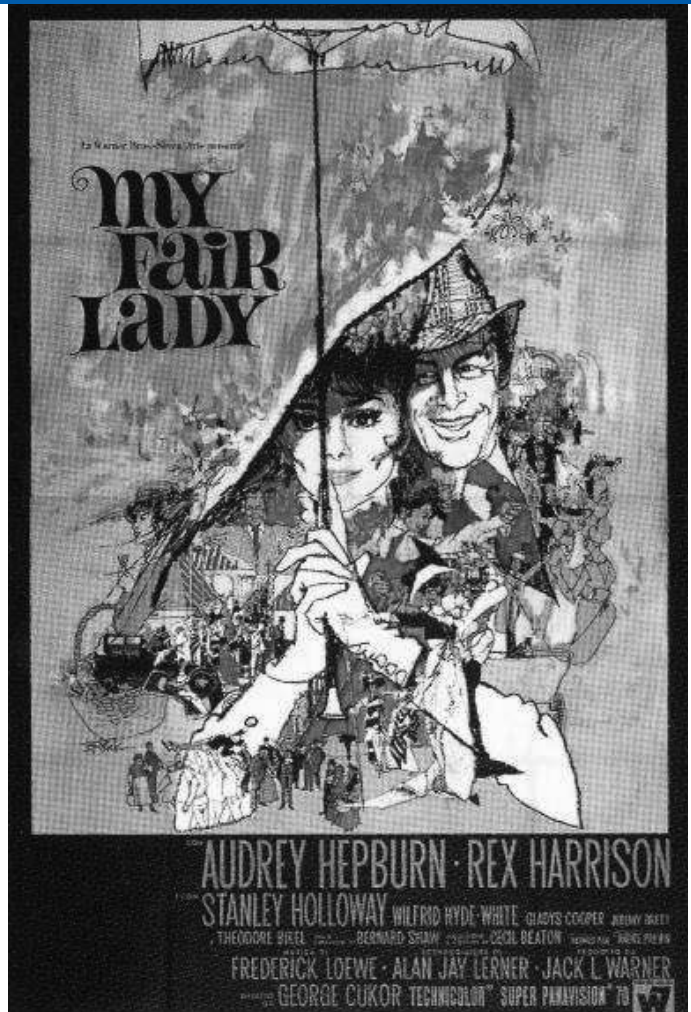
My LSVT training with Dr. Cynthia Fox (whom I have dubbed *The Wizard of Ahhs*) not only led to the yellow brick road of voice improvement, but inadvertently launched my acting career. Because of my confidence-building LOUD classes, I was ready for my “close-up” and fully prepared to “strut and fret my hour upon the stage.”

The transformation of my voice from “puny and pathetic” to “forceful and easy to understand” was so dramatic that it seems appropriate that this new post-LSVT voice therapy helped me get a part in a theatrical production. Without this vigorous voice training, I probably would have yielded to the shadow side of Ado Annie in the musical *Oklahoma*, and when asked by a respected director to play an important part, I would have replied softly, “I’m just a girl who must say NO.” But I’m fast forwarding to ACT II without showing you ACT I and filling in the back story.

From the minute I met the effervescent Dr. Cynthia Fox, the magician who brings voices of people with Parkinson’s back to life, I felt that I was starring in a play or movie. This was, no doubt, triggered by the fact that Dr. Fox (who has a Ph.D. in speech pathology and enough energy to fuel a small nation) told me at our first meeting that she thinks of her life as a musical comedy.

I countered that I view my life as a situation comedy, although most scriptwriters would have found this situation far from comedic. I am a person with Parkinson Disease who came from New Mexico to work with the dream team of PD specialists at the University of Arizona. While my speech therapy with Dr. Fox might not make it as a sitcom, it was cinema verité at its finest.

I must confess here and now that I have the annoying author’s trait of viewing every experience as material for my next article or book; I tend to visualize my future prose as a theatrical production. I am also quite the Broadway musical aficionado, so who could blame me if I envisioned my speech mentor as the heroine of a classic play — one of the many plucky heroines with a “Can Do” attitude who inhabit the American stage. I imagined her as the independent, pioneer Laurey Williams in *Oklahoma* or perhaps the starry-eyed, Broadway-bound fresh-from-Ohio ingenue in *My Sister Eileen*.



I couldn’t help myself; besides giving me this show-biz image of herself, Cynthia Fox, with her blonde hair and all-American girl persona, looked like she was born to star in a musical comedy.

But it turns out I was fooled by my teacher’s apple-pie looks. She was no creampuff and during our speech therapy there was definitely no tap dancing on stage in cute costumes!

It was only when we started working together that I realized that Fox’s management style was less “the girl next door” and more General Patton.

Because I was learning to speak with a new voice, the play that I most identified with was *My Fair Lady*. Dr. Fox was Henry Higgins, the slave-driving phonetics professor and yours truly played the long-suffering protégé, Eliza Doolittle, the Cockney flower girl taking elocution lessons. Like poor Eliza, I found myself going up and down scales the size of Mt. Everest.

“Hold an ‘Ahhhh’ for 15 seconds,” ordered Dr. Fox.

“Ahhhh,” I intoned obediently.

“Do it again, louder, clearer.”

“Again.

“Hold a high ‘Ahhhh’ for five seconds.”

To ease the torture, I tried to distract the incredibly focused Dr. Fox by inquiring if *LSVT* might launch my singing career. I have always wanted to be a chanteuse, but my voice is so off-key and non-melodic that even my devoted cats hide under the bed whenever I burst into song.

A welcome sidelight to my speech therapy occurred two weeks into it, when my husband said he thought my singing voice had indeed improved. I was encouraged because David is usually jockeying for position under the bed, along with the cats, when I burst into song.

“You probably *can* sing better,” conceded Cynthia Fox, “because by practicing your Aaah’s and talking louder, you have greatly expanded the range of motion in your voice.”

Switching gears from patient to inquisitive journalist, I asked Dr. Fox “What happens to the voices of people with Parkinson’s?”

In a loud, clear voice, my mentor explained, “Over 89% of people with PD have a problem with their speech and voice. They experience reduced loudness, monotone, hoarseness and imprecise articulation.”

“Hmm, David sometimes doesn’t understand my ‘imprecise articulation’ but I just thought he couldn’t hear well.”

“David may well have a hearing problem but you have a soft voice. Like most people with PD, you were unaware that you were speaking softly.”

“So how does LSVT help?”

“LSVT focuses on improving vocal loudness by exercising the muscles of the larynx or voice box. We have one single goal, to speak LOUD.”

My restless writer’s mind reverted back to visual mode, this time TV. When I think of LOUD, the image that comes to mind is a new reality TV show called LOUD

TALKING PEOPLE. Or I picture a rerun of *Seinfeld* with the quirky characters screaming at each other. What I discovered, after working with Dr. Fox, is that when you have PD, your perception is off-kilter; it’s hard to gauge the volume of your own voice. I feel like I am shouting when I talk LOUD, but I am actually talking in a normal, clear voice. Talk about Theater of the Absurd!

Cynthia Fox, who comes from a family of medical doctors, broke with family tradition by earning a Ph.D. (in speech pathology) instead of an MD. She is doing groundbreaking work for PD patients, using the Lee Silverman Voice Treatment or LSVT, named after Mrs. Lee Silverman, a person with PD. This innovative treatment was developed by Dr. Lorraine Ramig who studied its effectiveness for the past 15 years with over 5 million dollars in research support from the National Institutes of Health. Cynthia has worked with Dr. Ramig and her research team for over 10 years.

The LSVT daily grind (aka BOOT CAMP) went like this: 15 minutes of practicing Ahhhh’s followed by reading (in a loud, clear voice) lively passages from books or quotes provided by Dr. Fox.

Cynthia Fox, like Professor Higgins, was not easily distracted, although Lord knows I tried! Fox has a wry sense of humor and makes the therapy fun, but she is always on message and focused.

“What convinced me that I really needed this work,” I said, with my new strong, forceful voice, “was when, at the halfway point of my therapy, you played the almost inaudible pretreatment tape of my voice. I was horrified.”

“We never want to hear that voice again, do we?” said Fox, cracking an imaginary whip that she often used to get my attention. Because this gesture was so melodramatic, it always made me smile and get to work.

“I don’t want to hear it now; are you sure you didn’t hire an out-of-work robot to pretend to be me?”

“That was your old voice. We’re retiring her number. The new loud, forceful, clear, beautiful voice is what we’re going to hear from now on,” said my tenacious taskmaster.

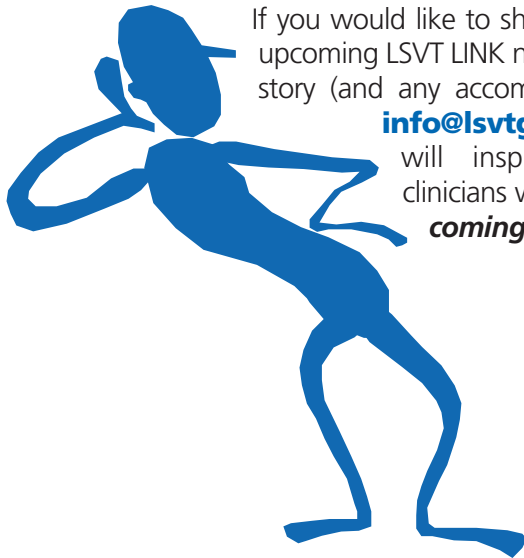
Little did I know that this sparkling new voice was going to lead to a new career!

**Tune in to the Next LSVT Newsletter to discover in Part II: HOW PEGGY’S MELLIFLUOUS NEW VOICE TURNS HER INTO “THE ELIZA DOOLITTLE OF SANTA FE.”**

# Patients Corner

In each LSVT LINK, we would like to share your stories and glories!

**LSVT<sup>®</sup>LOUD** and **LSVT<sup>®</sup>BIG** have helped thousands of patients not only recapture their voice and mobility, but also self-confidence and engagement in life.



If you would like to share your experience in our upcoming LSVT LINK newsletter, please send your story (and any accompanying JPEG photos) to [info@lsvtglobal.com](mailto:info@lsvtglobal.com). Your input will inspire both patients and clinicians worldwide. **Please keep it coming!**

**CALLING ALL CLINICIANS!**

Log on to [www.LSVTGlobal.com](http://www.LSVTGlobal.com) to confirm your certification status and update your contact information.

# Check Our Our Latest Publications!

## Research Articles:

Ramig LO, Fox C, Sapir S. (2008). Speech treatment for Parkinson's disease. Expert Review of Neurotherapeutics. 8(2):297-309.

Sapir, S., Ramig, L., Fox, C. (2008). Speech and swallowing disorders in Parkinson disease. Current Opinion in Otolaryngology & Head and Neck Surgery, 16, 205–210.

Farley, B., Fox, C., Ramig, L., McFarland, D. (2008). Intensive Amplitude-specific Therapeutic Approaches for Parkinson's Disease: Toward a Neuroplasticity-principled Rehabilitation Model. Topics in Geriatric Rehabilitation, 24(2), 99–114.

## Book Chapters:

Fox, C., Ramig, L., Halpern, A., & Petska, J., Will, L. (2008). A Speech Therapy Home Program for Patients with Parkinson's Disease. In Trail, M., Protos, E, & Lai, E (Eds). Neurorehabilitation in Parkinson's Disease: An Evidence Based Treatment Model. SLACK Inc. Professional Book Division, Thorofare, NJ. Pp.297-307.

Fox, C., Ramig, L., Sapir, S., Farley, B., Halpern, A., & Petska, J. (2008). Voice and Speech Disorders in Parkinson Disease and their Treatment. In Trail, M., Protos, E, & Lai, E (Eds). Neurorehabilitation in Parkinson's Disease: An Evidence Based Treatment Model. SLACK Inc. Professional Book Division Thorofare, NJ. 245-276.

Sapir, S., Countryman, S., Ramig, L., & Fox, C. (2008). Voice, speech, and swallowing disorders. In Factor, S., and Weiner, F. (Eds.), Parkinson disease: Diagnosis and clinical management, second edition. (pp. 77-98) New York City: Demos Publishing.

Will, L., Ciucci, M., Ramig, L., & Fox, C. (2008). Swallowing Problems in Parkinson's Disease. In Trail, M., Protos, E, & Lai, E (Eds). Neurorehabilitation in Parkinson's Disease: An Evidence Based Treatment Model. SLACK Inc. Professional Book Division Thorofare, NJ. Pp279-294.