

Speech and Language Therapy: Speech-language pathologist provides speech therapy to improve the speaking and communication abilities of individuals with dysarthria. The duration of therapy sessions can last for few months depending on the severity of the condition. It is offered online also for those who prefer to attend speech therapy from home. Furthermore, caregivers of these clients are also provided with home training programs for improving these skills.



Augmentative and Alternative Communication Unit (AAC unit): It's a special unit that teaches compensatory strategies to improve their communication abilities in case of limited benefits from speech therapy.

Physiotherapist and occupational therapist consultation: People with dysarthria may often have weakness of different body parts (legs, hands), difficulty in moving, and coordination of the body parts. Physiotherapists and occupational therapists assess and provide therapeutic services to improve their body movements and coordination.

Tips for Prevention of Dysarthria

- Keep blood pressure and diabetes under control
- Avoid exposure to chemical fumes, radiations, etc.
- Exercise regularly and maintain a healthy lifestyle
- Undergo regular health check-up
- Consume a healthy and balanced diet every day
- Avoid mental stress as much as possible
- Avoid reckless vehicle driving, talking on the phone while driving, etc.

- Use a helmet while driving and follow all traffic rules
- Protect yourself from head injury and traumas
- Take necessary precautions during pregnancy and after delivery to prevent congenital conditions (like Cerebral palsy)
- Reduce alcohol consumption, chewing tobacco, and smoking

Dysarthria can be difficult and frustrating. However, those with dysarthria can improve from speech therapy. It is important for caregivers and loved ones to be supportive and patient while communicating with them.

CONTACT US



DEPARTMENT OF PREVENTION OF COMMUNICATION DISORDERS

ALL INDIA INSTITUTE OF SPEECH AND HEARING

(An Autonomous Institute under the Ministry of Health and Family Welfare, Government of India)
Assessed and Accredited by 'NAAC' with 'A' Grade : ISO 9001: 2015 Certified
Naimisham Campus, Manasagangothri, Mysuru - 570 006

Phone: +91-0821 2502703 / 2502575, **Toll free :** 18004255218
Email: director@aiishmysore.in, **Website:** www.aiishmysore.in



Do you know what is Dysarthria?

Dysarthria is a condition in which a person has difficulty in speaking. This inability to speak clearly is caused by weakness, and poor control of the muscles of the face and mouth. It is caused due to damage in the parts of the brain or nerves. It affects a person's ability to control their tongue and voice box, causing slurred and unclear speech.

It can occur at any age from childhood to old age.

Causes of Dysarthria

Dysarthria is caused when there is damage to some areas of the brain which results in an interruption in the blood flow. Following are the major causes of dysarthria:

- **Stroke:** In conditions of stroke, blood flow is interrupted preventing oxygen and nutrition supply to brain cells and can cause dysarthria in 8 to 60% of individuals



- Road accidents can cause injury to the speech-related areas of the brain leading to dysarthria.



- Tumour in the brain affects areas that control speaking. It is one of the major causes of dysarthria
- Infections such as brain fever (meningitis, encephalitis) can cause cell damage in major centers of the brain that controls speech.

- Individuals with Parkinson's disease, Multiple sclerosis, Alzheimer's disease are vulnerable to dysarthria during any stage of disease progression.
- Excessive intake of alcohol prevents absorption of nutrients leading to its deficiency in the brain cells. This can destroy the brain cells and affects the brain functioning. In chronic conditions, it can also result in dysarthria
- Exposure to toxic substances such as lead, mercury, etc. causes cell poisoning in brain resulting in cell death
- Addiction to certain drugs (narcotics drugs): People who are drug addicts are at high risk for dysarthria.

Characteristics of individuals with dysarthria

An individual with dysarthria would have the following characteristics-

- Muscle weakness of the facial region
- Restricted tongue, lips, and jaw movements
- Difficulty in breathing
- Change in voice quality (hoarse, breathy, or strained voice)
- Monotone "robotic" speech or extreme change in pitch
- Mumbling or slurred speech
- Imprecise pronunciation of speech sounds
- Rapid deterioration of speech which improves after rest
- Slow rate of speech
- Nasal sounding voice
- Difficulty in chewing and swallowing



Specialists to be consulted

If you have any of the above mentioned signs consult the following specialists

- Neurologist
- Speech-Language Pathologist
- Physiotherapist

Treatment facilities available at the All India Institute of Speech and Hearing (AIISH) for Dysarthria

AIISH has the state of the art equipment, technologies, facilities, special units, and professionals for the rehabilitation of individuals with dysarthria. Following are the facilities available-

Neurological consultation: To diagnose the medical conditions and provide appropriate treatment.

Motor Speech Disorder Unit (MSD Unit): It is a special unit for assessment and provides speech therapeutic services to people with dysarthria. These dedicated services are provided by a team of specialists for improving the speech and motor coordination of the dysarthric patient.

Speech-language Pathologist (SLP) consultation: SLP works on improving speech, muscle weakness, breathing pattern, swallowing abilities and cognitive abilities (reasoning, problem-solving, memory), and speech quality along with other associated conditions.

