

Stony Brook Medicine is Long Island's premier academic medical center. With 603 beds, Stony Brook serves as the region's only tertiary care center and Regional Trauma Center, and is home to the Stony Brook Heart Institute, Stony Brook Cancer Center, Stony Brook Children's and Stony Brook Neurosciences Institute.

To learn more about the many services offered at Stony Brook Medicine, or for physician referrals or assistance with appointment scheduling, please call (631) 444-4000, or visit [stonybrookmedicine.edu](http://stonybrookmedicine.edu).

# SPEECH, LANGUAGE AND HEARING



Stony Brook Medicine's Speech, Language and Hearing Services performs comprehensive evaluation and therapy services for individuals with hearing, balance, speech, language, voice, feeding and swallowing problems. Our specialists will work closely with you, your family and your physicians to understand your needs and develop a personalized plan — all to help you return to a normal life.

Our audiologists and speech-language pathologists are certified by the American Speech-Language-Hearing Association, licensed by New York State, and have post-graduate academic and clinical training. Audiologists and speech-language pathologists work with specialists from other disciplines, including otolaryngology, radiology, gastroenterology, neurology, pediatrics, oncology, and other medical and rehabilitative areas. These close relationships help to ensure the most comprehensive and advanced care for patients.

## DIRECTIONS

- When heading north on Nicolls Road, turn right (east) on Nesconset Highway (Route 347). When heading south on Nicolls Road (CR 97), turn left (east) on Nesconset Highway (Route 347). Continue to Belle Mead Road.
- Make a left onto Belle Mead Road.
- Turn right on Research Way. Building 33 is on the left-hand side.

### STONY BROOK UNIVERSITY HOSPITAL SPEECH, LANGUAGE AND HEARING SERVICES

33 Research Way  
East Setauket, NY 11733  
(631) 444-4191



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## Speech and Language Services

Speech-language pathologists provide a full range of diagnostic and therapeutic services to evaluate and treat individuals who have swallowing, feeding, speech, language and voice impairments.

### SWALLOWING/FEEDING

Dysphagia is the medical term for difficulty in swallowing. It can occur at any age, but it's more common in older adults. Symptoms of dysphagia include coughing or choking while eating, difficulty chewing, and/or problems moving food and liquids through the mouth or throat.

Children may also have feeding impairments that result in poor weight gain and growth, gagging, food refusal and difficulty with certain food textures and tastes.

We offer comprehensive evaluation and treatment to help adults and children avoid medical problems such as pneumonia, malnutrition or dehydration. Treatment plans may include a change in diet, posture training, behavioral feeding techniques, oral/facial stimulation, direct swallowing exercises, and/or electronic or computerized swallowing treatments.

### SPEECH, LANGUAGE AND COGNITION

Evaluation and therapy services are provided to individuals who have speech-sound errors, motor-speech disorders (dysarthria/apraxia), and/or neurological language (aphasia) and cognitive impairments (e.g., memory/attention). Treatment plans are developed to improve skills needed for daily communication.

### SPEECH RESONANCE

Speech resonance services are offered to individuals with altered sound production and nasal-sounding speech, often associated with cleft palate. Our Craniofacial/Cleft Palate team includes speech-language pathologists with an expertise in this condition and provide a full range of evaluation and treatment services to children and adults.

### VOICE

Voice evaluation and analysis are performed for those with voice loss, hoarse vocal quality and various voice conditions related to illness, injury or vocal misuse. Voice therapy is often recommended to improve voice quality and function through various methods, including behavioral strategies, vocal function exercises, and techniques for breath support and voice protection. Speaking and singing rehabilitation methods for the professional voice user are also provided.

### VOICE RESTORATION

Services are provided to restore verbal communication after laryngeal cancer surgery. Electrolarynx training, esophageal speech therapy and TEP (tracheoesophageal voice prosthesis) services are available for individuals following total laryngectomy surgery.



# Audiology Services

Our audiologists provide assessment and management of children and adults with hearing and balance disturbances — tailoring the treatment to the specific needs of the individual. Coordinating with our otolaryngologists and other disciplines, our audiologists also provide medical and rehabilitative care.

I was diagnosed as hearing impaired when I was four years old and, by the age of nine, I started wearing a hearing aid. It didn't stop me from pursuing my dream of becoming a psychiatric nurse practitioner. But when my speech recognition deteriorated, I knew I needed a cochlear implant. I researched ENT surgeons and came to Stony Brook to have it done. The experience at Stony Brook helped give me the confidence I needed to go further in my career. Today I'm the chief nursing officer at a major psychiatric hospital. —Maryann Marzano



I'm a cycling instructor and I began to notice that my voice became raspy from shouting instructions over loud music. An upper endoscopy performed at Stony Brook revealed that I developed a nodule and a cyst on my vocal cords from all the shouting. I didn't want to go the surgery route, so my ENT doctor suggested I try voice therapy at Stony Brook first. And it worked! My speech therapist here is amazing. She showed me how important it is to use the breath to its fullest. Had I known there was a proper way to breathe, I would have done that years ago! Now, I'm back to teaching spinning and staying healthy! —Jo-Ann Perrone Reda

## PEDIATRIC AUDIOLOGY

Our pediatric audiologists have specialized training and a high level of expertise to identify the presence of a hearing problem, as well as the type and degree of hearing loss.

### Infants and Toddlers

Since infants are unable to respond to sounds at low enough levels to determine if they have normal hearing, we have specialized equipment that allows the audiologist to assess the hearing level as early as one day after birth.

For older infants and toddlers, our audiologists can teach them how to respond to sound. Using a two-audiologist team approach for proper evaluation, we spend the appropriate amount of time with each child to obtain the most accurate and complete testing, even for those children who are considered as difficult-to-test.

### School-Age Children

Comprehensive hearing tests are performed to determine if a child has normal or reduced hearing. If hearing loss exists, the degree and type are determined and recommendations are discussed with the family. Any degree of hearing loss can be a handicap for children — even mild hearing loss can cause a child to miss up to half of classroom discussions. Unmanaged hearing loss can affect their speech, language, educational, social and emotional development.

Some children have difficulty processing or interpreting auditory information despite normal hearing. This is called an auditory processing disorder. We specialize in evaluating children with suspected auditory processing problems, and assist school professionals in devising management plans specific to each child's needs. Children seven years or older can be evaluated for an auditory processing disorder.

## ADULT AUDIOLOGY

Hearing loss is a common problem in our society. It can result from noise exposure, aging, trauma, ear infections, certain medications, heredity, tumors or an unknown cause. Tinnitus (noises in the ear) often occurs along with hearing loss. Individuals with decreased hearing or tinnitus should be evaluated by our audiologists. After testing, we will review the results and discuss management options and recommendations.

## VESTIBULAR (BALANCE) ASSESSMENT

Individuals who suffer from vertigo (sensation of spinning or movement) or disequilibrium (feeling of unsteadiness) or other balance problems should see a physician for a medical evaluation. A neuro-otologist is a physician who specializes in neurological disorders of the ear, including vestibular disturbances. We provide a wide range of vestibular testing to assist the patient's physician in determining a diagnosis and treatment plan.

## COCHLEAR IMPLANT PROGRAM

A cochlear implant is a small, surgically implanted electronic device that provides meaningful sound information to people with significant inner-ear hearing loss in both ears. An external sound processor delivers the sound to the internal implant. The cochlear implant is designed for individuals who receive insufficient benefit from hearing aids.

Our Cochlear Implant Team includes surgeons, audiologists, speech-language pathologists and social workers. Members of the team are specially trained to provide preoperative assessments, surgery, and postoperative programming and rehabilitation. Stony Brook Medicine has a full range of medical specialists available to meet the needs of every patient.



## REASONS TO SCHEDULE AN APPOINTMENT

### SPEECH, LANGUAGE, SWALLOWING, FEEDING AND VOICE PROBLEMS

- Reduced communication skills after neurological injury
- Difficulty with speech production
- Difficulty with language expression and comprehension
- Problems with chewing and/or swallowing
- Change in voice or inefficient voice production
- Voice restoration after tracheostomy or laryngeal cancer surgery

### HEARING AND BALANCE PROBLEMS

- Suspicion of hearing loss and/or auditory processing problems
- Difficulty with speech and language development
- History of ear infections
- Family history of hearing loss
- Tinnitus
- Noise exposure
- Head or ear trauma
- Ototoxic medications
- Failed hearing screening
- Vertigo (sensation of dizziness)
- Cochlear implantation

**Physician referrals are necessary for certain appointments and for some insurance carriers. Please contact your insurance carrier directly for more details about your coverage.**

**To make an appointment, call (631) 444-4191.**