

Natalie Zhitnitsky, CCC-SLP, President of Vital Speech and Swallow, received her masters degree from California State University, Northridge Communication Disorders Department in 1994. Career achievements include working in hospital settings with neurologically impaired adults, performing modified barium swallow studies, and evaluating and treating swallowing and speech deficits.

Natalie's experience with children extends to school and clinical settings where she performed therapy focusing on improving speech and language skills.

Ms. Zhitnitsky was a clinical supervisor at California State University, Northridge, training graduate level students to perform therapy on aphasic adults. She was nominated for program of the year in 2007 by CSHA Association.

Our staff at Vital Speech and Swallow consists of highly qualified speech pathologists committed to working to improve speech, language and swallow deficits. They are VitalStim trained and can handle challenging cases.



American  
Speech  
Hearing  
Association  
Certified Member

*Not being able to speak is not the same as not having anything to say.*



• UNDERSTANDING • LIFE • HEARING • LANGUAGE •  
 • LIFE • SOUND • SPEECH •

**VITAL SPEECH AND SWALLOW**

20720 Ventura Blvd. Ste. 260  
 Tarzana, CA 91364  
 (818) 708-7704 fax: (818) 708-7707

Natalie Zhitnitsky, MS/CCC-SLP

American Speech Hearing Association Certified Member

• UNDERSTANDING • LIFE • HEARING • LANGUAGE •

# Vital Speech and Swallow

## Speech & Swallowing Specialists

• UNDERSTANDING • LIFE • HEARING • LANGUAGE •

**VITAL SPEECH AND SWALLOW**

20720 Ventura Blvd. Ste. 260  
 Tarzana, CA 91364  
 (818) 708-7704 fax: (818) 708-7707

Natalie Zhitnitsky, MS/CCC-SLP

American Speech Hearing Association Certified Member

• UNDERSTANDING • LIFE • HEARING • LANGUAGE •



## • *Adult Based Therapy*

Language and swallowing disorders affect 1/250 Americans as a result of a stroke, traumatic brain injury, brain tumor or other neurological events. These conditions impair both expression and understanding of language as well as reading and writing. Swallowing may also be affected. Depending on where the damage occurs in the brain, the person may have aphasia, dysarthria, apraxia, or dysphagia.

We offer therapy to treat all of these conditions.

## • *Outpatient Videoflouroscopy*

- ▶ A test to evaluate patient's ability to swallow food.
- ▶ Performed in the office
- ▶ Interpreted by a board certified Radiologist
- ▶ No waiting
- ▶ Results sent to doctor promptly



## • *VitalStim Therapy*

Today, there is a new treatment available called VitalStim. VitalStim is a specialized form of neuromuscular electrical stimulation designed to treat dysphagia through muscular re-education. VitalStim therapy is the only device and therapy cleared by the FDA to treat dysphagia.

# VITALSTIM<sup>®</sup> THERAPY



Dysphagia, or difficulty swallowing, affects as many as 15 million Americans and approximately one million new cases are diagnosed each year. Symptoms can include coughing during or after swallowing, choking on food or liquid, the sensation of food getting stuck in the throat, pain during swallowing and shortness of breath while eating. Dysphagia can occur following a stroke, radiation therapy for head and neck cancer, surgery, traumatic head or spinal cord injury and tracheotomy. It is also common in people with Parkinson's disease, multiple sclerosis, cerebral palsy and COPD.

**We accept private insurance and Medicare.**

## • *Child Based Therapy*

Normal communication development begins at birth. Various medical and developmental conditions affect a child's ability to learn to communicate effectively. It is imperative that a child stays on track and meets his developmental milestones to achieve maximum communicative potential. Prompt diagnosis and early intervention is essential to find solutions to help our clients succeed and perform at age level and beyond.

We understand that each child is different and requires special attention to meet his/her needs. Intervention always entails treating the child and providing counseling and training to the family unit.

We serve children of all ages offering services in the following areas:

- ▶ Voice
- ▶ Stuttering
- ▶ Language and speech
- ▶ Social development
- ▶ Parental support and training

Clinic based or home services available.

We work closely with physical therapy.

