

Daly from page B4

ner speech program at Central Michigan University.

"It was there that I decided if I could ever get fluent I would like to become a speech therapist," said Daly who earned an undergraduate degree in speech pathology and a doctorate in education speech pathology. While working on his master's degree, he had two clients who complained to the program director, because Daly stuttered more than they did. The director forced him to sign up as a client.

"Daly stresses that every case is different. Can all stutterers be totally free from stuttering? Probably not, he said making the analogy of two basketball players who practice the same amount of time. One may excel and the other may not.

Physical limitations have an impact.

Daly's patients range in age from 2 years old to elderly and each has a different goal. Some have severe speaking problems,

others are professional speakers, like highly paid radio personalities and television news anchors, who want to maximize their enunciation. He also works with people who have speech phobias. But, the vast majority want to stop stuttering and the sooner they seek help, Daly said, the better.

"Many doctors hope the child will outgrow it," Daly said. "Meanwhile, the children are developing fears and avoiding speaking and if we get it earlier it would be easier to deal with it. If we see it early enough a lot of these kids go right through to normal fluency and they don't have to suffer all the problems that go with the disorder."

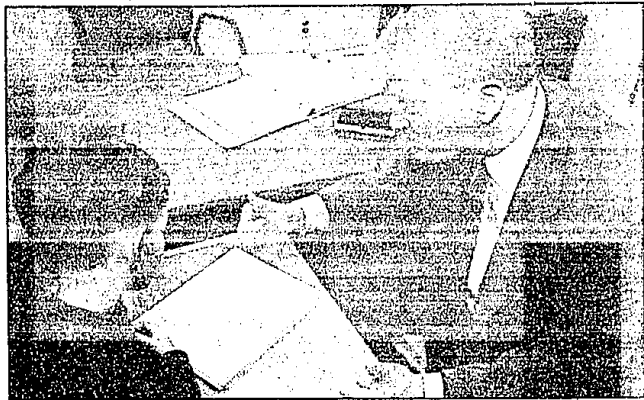
Concentrate on practice

Daly, the father of four boys, lives in Ann Arbor and also works as a professor at the University of Michigan. He plans to retire from his university role later this year to concentrate on his practice.

"There are enough people out there, that that's what I'm going to do for the rest of my career," Daly added while there isn't a single method that's used among speech pathologists nationwide. Daly said, speech motor exercises, stretching sounds, slowing down the speech process and changing the way the person breathes are among some of the techniques. His strongest advice to people who stutter is not to give up.

"My parents took me to see one of the most well-known speech pathologists in the country when I was 14 and he told me I would always stutter and to develop a thick skin, because people would tease me," Daly said.

"I got back in the car and said: 'I feel sorry for him, but I'm going to keep trying.' We know so much more in 1999 than they did when I was a kid in 1950."



STAFF PHOTO BY BILL BRUNSON

Working: David Daly here works with Eric Goebel but says every case of stuttering is different. He works with patients of all ages and types of physical limitations, which do have an impact.

MEDICAL BRIEFS

Hot flash study

Women with a history of breast cancer or are concerned about taking hormone replacement therapy who have bothersome hot flashes can participate in a research study at St. Joseph Mercy Hospital - Ann Arbor that will help determine whether a low-dose antidepressant may be effective in reducing or eliminating hot flashes.

For more information about this study or the other cancer treatment and prevention trials, please call the McAuley Cancer Care Center (734) 712-5658.

Coping with aging

Youth from page B4

ber of stutterers in the last couple of years. She describes stuttering as being on a range from mild, normal types of dysfluency to severe problems where the majority of the words spoken are distorted. In those cases, the stutterer gets stuck and can't get the sound out. They may have twitching facial expressions and body tension. In fact, they can get to the point where blocks will last 30 to 40 minutes.

More than half of the children who begin to stutter outgrow the problem by about age 12, according to Hollins Communications Research, found on the Internet. The institute also reports that there are four times more male than female stutterers.

"In school settings, we see the gamut," Gippich said. "Generally you pick your favorite pieces from a number of different programs to find what best meets the needs of the student you're working with."

"She stresses the importance of keeping the student's self-esteem intact. Try to make the stutterer feel special and give them the time they need to communicate. Keep in mind, she said, that young children have normal periods of dysfluency that come and go, especially when the child's routine is disrupted.

Dianna Carter, Plymouth-Canton School District speech and language pathologist, said naturally stutterers don't want unnecessary attention drawn to how they say things.

"They want people to listen to what they say," Carter said. "Each case is different. Some kids respond quickly and some take a long time."

She noted, too, that stutterers face a heavy social stigma, because there's a high premium placed on communication skills, especially in the United States. "If it's continuing we recommend seeking a speech pathologist whether it's through schools or privately to see if it's something that will go away or may not," Gippich said. "But it's best to check it out."

In addition to Daly's office and area schools, local hospitals also provide speech programs. For instance, St. Mary Hospital offers C.L.A.S.S. (Children's Language and Speech Services). The program is designed for preschool and school-aged children with speech-language disorders. The next session is April 12 through June 3.

Participation is open to children with all types of communication disorders such as language development, articulation, stuttering/fluency voice. Call the St. Mary Hospital Physical Medicine and Rehabilitation Department at (734) 685-2955.

For more information, call the Stuttering Foundation of America at (800) 992-9392 or (800)

St. Mary Hospital in Livonia and Marywood Nursing Care Center will hold a lecture on "Coping with Aging Parents: Pay for Nursing Home Care," Tuesday, April 6 from 7-9 p.m. in the hospital auditorium. This program will focus on how nursing home care is paid. Free of charge but registration is required, call (734) 655-1676.

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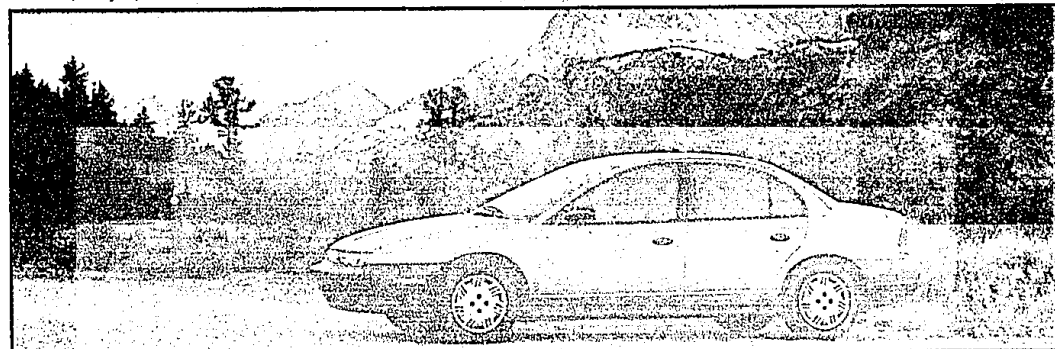
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