

# National Aphasia Association: Ask the Expert

## Reading

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# Disclosures

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Reading

Modifying Materials

Using Technology

# Why do we read?

- Safety and medical needs
- Daily activities
- Personal pleasure
- Building relationships
- Information sharing

# Aphasia-Friendly Modifications

## Adjust Text

- Increase text size
- Increase white space
- Simplify vocabulary and sentence structure
- Add Images

## Strategies

- Look for key words
- Ask for someone to read aloud
- Follow along with finger
- Quiet room

# Aphasia-Friendly Medication Instructions



## Penyalodrine 75 MG CAPSULE

**MANUFACTURER:** Bichonshizu

This is a green, OBLONG-shaped CAPSULE imprinted with 95 on one side and conversely is blank.

**ACTIVE INGREDIENT:**

Penyalodrine – ORAL – (pen-EE-al-OH-dreen)

**COMMON BRAND NAME(S):**

Wooftrix, Bonalipine

**USES:**

This medication is used to treat coughs caused by the common cold and other transient or persistent breathing problems (e.g., pneumonia, bronchitis, emphysema, asthma). It works by reducing the reflex in the lungs that causes the urge to cough and alleviates pain and congestion in the chest. However, use of this medication is not recommended in children younger than 10 years. Discuss the risks and benefits with your doctor and always ask for complete information about this product and your specific health needs.

**HOW TO USE:**

Take this medication by mouth, usually 3 times daily as needed or as directed by your doctor. Dissolve this medication in water, do not crush or suck on this medication. This medication should be taken with a full glass of milk (8 ounces or 240 milliliters) but if an upset stomach should occur, take it with food, milk, or an antacid. Chewing, sucking, or dissolving will cause a loss of feeling in your mouth/throat and may cause choking or a severe allergic reaction. (See also Side Effects section.) Do not eat or drink until the numbness goes away and get medical help right away if the numbness persists or worsens. Dosage is based on your medical condition and response to therapy but do not take more than 200 milligrams at one time. Taking more penyalodrine than prescribed will not make your cough go away faster but may result in serious side effects. Tell your doctor if your condition persists or worsens.

**SIDE EFFECTS:**

Dizziness, headache, nausea, stomach upset, constipation, and stuffy nose may occur. If any of these effects persist or worsen, notify your doctor or pharmacist promptly. Remember that your doctor has prescribed this medication because he or she has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects but tell your doctor right away if any of these unlikely but serious side effects occur: mental/mood changes, loss of feeling in the chest, burning in the eyes. A very serious allergic reaction to this drug is unlikely, but seek immediate medical attention if it occurs. The possibility of an allergic reaction increases significantly if you chew or suck on this medication in your mouth. Symptoms of a serious allergic reaction may include: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing, unusual sweating, weakness or fatigue, constipation, and/or sleepiness. This medication may rarely increase your risk of developing certain types of cancer (e.g., lymphoma, skin cancer) but this risk is higher in people using penyalodrine after an organ transplant and in children or young adults being treated for certain bowel diseases (e.g., Crohn's disease, ulcerative colitis). This is not a complete list of possible side effects; if you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects and you may report side effects to FDA at 1-800-FDA-1088 but in Canada – call your doctor

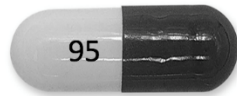
## Penyalodrine 75 MG CAPSULE

**MANUFACTURER:** Bichonshizu

This medication is green.

It is an oblong-shaped capsule.

The number "95" is printed on one side.



The active ingredient is penyalodrine (oral).

The common names are Wooftrix and Bonalipine.

### Uses:

This is used to treat coughs from the common cold.

It helps with short-term or long-term breathing problems.

It decreases feelings of cough.



### How to Use:

Take this capsule by mouth.

Dissolve this in water.

Do NOT crush or suck on it.

Drink milk when you take it.

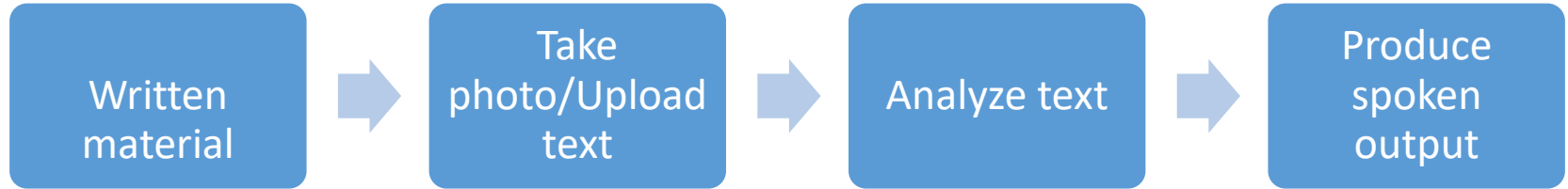


Do NOT take 200 milligrams (or more) at one time. It will not make cough go away faster.

# Conclusions

- Aphasia-friendly modifications were helpful
- Additional strategies are likely needed
- Amount of paper continues to be concern

# Technology: Text to Speech Systems



# Text-to-Speech Systems

- Potential benefits:
  - Reduce cognitive and language demands
  - Increased independence
  - Personalize features
    - Voice
    - Rate of speech
    - Highlighting
    - Picture support

# Text to Speech Systems

Zoom Reader

Text Speaker

Verbose Text to Speech

Sayvoice Text to Speech Reader

NaturalReader

iSpeech

Kurzweil

Macintosh platforms (e.g., Alex)

Windows platforms (e.g., David)

Kindle

Nook

Read and Write Software

KNFB Reader

What do we know about aphasia  
and text-to-speech?

# Text-to-Speech Systems



**Better  
understanding for  
some people**



**Most people prefer  
combined**



**Most people prefer  
medium rates**



**Most people prefer  
some highlighting**


I like to read.

I like to read.

I like to read.



# What can you do?



- Get audiobooks – follow along with paper book
- Try text-to-speech systems (adjust features)
- Look for aphasia-friendly texts or ask some one to modify
- Test out strategies that work for you
- Join a book club!

# Questions?



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Thank you!