



## Stuttering



### Overview

This speech disorder makes it hard to speak with a normal flow. A person who stutters may repeat sounds or words. They may get stuck or hold a sound. And, they may have moments where they can't form sounds at all. Stuttering can cause problems with school, work and forming relationships.

### Causes

What causes stuttering? We don't fully understand it. But most often, it begins when a young child is learning to speak. Many complex factors may be involved. Stuttering can also develop after a brain injury. It can happen after a stroke or head trauma. With this type of stuttering, the brain has trouble coordinating the areas involved in speech.

### Symptoms

Symptoms of stuttering vary from person to person. A person may stutter in different ways throughout the day. Some things lessen stuttering, and some things can make it worse. For example, a person who has a severe stutter when talking on a phone may only stutter mildly when reading aloud.

### Treatment

How do we treat stuttering? Therapy can help. So does providing a relaxed environment at home, which helps a person who stutters become more comfortable when speaking. Electronic devices may help some people. And there may be other options, too. For more info, talk to your doctor.