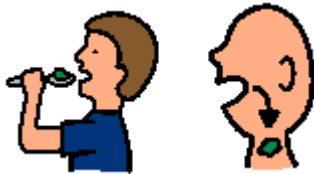


What is swallowing?

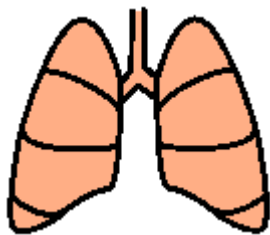
Swallowing is the process that allows us to manage our saliva as well as eat and drink.

The muscles of the mouth, tongue and neck are used for swallowing.



Many medical conditions may cause problems with eating and drinking.

Food and drink may go down the wrong way into your windpipe and lungs.



This can cause a chest infection.

Swallowing problems are called 'dysphagia'.

Signs of dysphagia

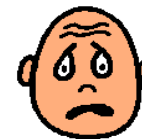
- difficulty biting or chewing
- difficulty moving food around your mouth
- difficulty keeping food in your mouth



- choking or coughing whenever you try to swallow food or drink.
- feeling like you have something stuck in your throat



- feeling frightened when eating and drinking

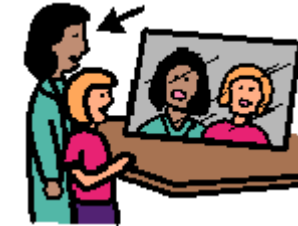


- taking a long time to finish meals



Who will help?

The speech pathologist will assess how well you can swallow.



You may need to do exercises to strengthen your mouth, tongue and throat muscles.

You may also have to have a special diet.



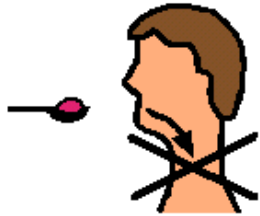
You may need thicker drinks than usual.

Sometimes your swallow will get better quickly. Sometimes it may take longer.

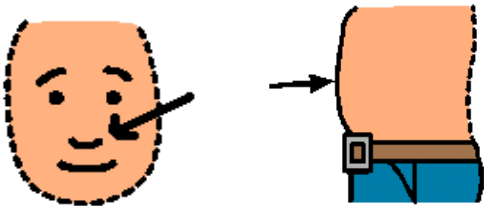
Sometimes it may not get better.

What if I can't swallow?

It may be too dangerous for you to eat and drink in the usual way.



You may need to be fed through a tube in your nose or a tube in your stomach.



If you eat well, you will be stronger and will make a quicker recovery.



Strategies for swallowing

- sit up in a chair



- keep your head straight

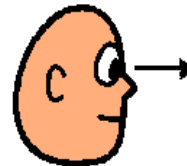
- take small mouthfuls



- chew food well

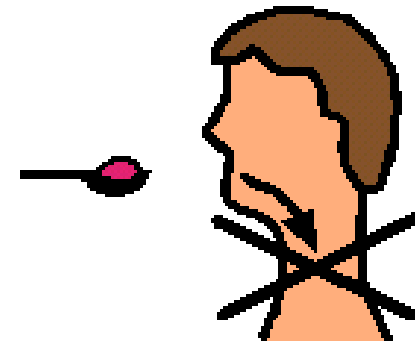


- concentrate



Speech Pathology and Dysphagia

"Difficulty with swallowing"



General Information