

Dysphagia

What is dysphagia?

Dysphagia is the name used to describe problems with chewing and swallowing

What can cause dysphagia?

- Stroke
- Progressive neurological diseases
- Brain tumours
- Dementia
- Breathing problems
- Mouth or throat cancer
- General weakness
- Normal ageing

Signs of swallowing difficulties

- Difficulty chewing solid foods
- Food or drinks spilling from the mouth
- Food or drinks coming out the nose
- Food or drinks getting stuck in the throat, drooling or dribbling
- Coughing or choking on food and drink

Signs of swallowing difficulties (*cont.*)

- A wet or ‘gurgly’ sounding voice after eating or drinking
- Regular chest infections

A speech pathologist can

- Look for problems with chewing and swallowing
- Give you special food or drinks that are easier and safer to swallow
- Give you tips and exercises to help you swallow safely

Tips for you

- Make sure you can concentrate and are awake during meals
- Remove distractions – turn off the tv or radio
- Do not talk and eat at the same time
- Sit up straight in the bed or chair – use pillows if needed
- Wear your dentures and use denture grip if they are loose
- Take your time when eating and drinking

Useful websites

www.speechpathologyaustralia.org.au

Talk to your speech pathologist for more information.






Your Speech Pathologist is: _____



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