



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
- Wet or 'gurgly' sounding voice after eating or drinking
- Regular unexplained chest infections



A Speech Pathologist can

- Look for problems with chewing and swallowing
- Give you modified 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: _____