

DYSPHAGIA

PROBLEMS WITH CHEWING AND SWALLOWING FOOD AND LIQUIDS

SIGNS & SYMPTOMS

BEFORE THE SWALLOW
Food falls out of mouth



DURING THE SWALLOW
Hard to chew
Takes too long to eat
Food stays in mouth
Food stays in throat
Food goes down "the wrong way"
Hard to swallow pills

AFTER THE SWALLOW
Coughing
Choking
Wet voice
Wet breathing

CONSEQUENCES OF DYSPHAGIA



MALNUTRITION
Weight loss



DEHYDRATION
Problems with thinking
Dark urine
Fatigue
Dizziness



ASPIRATION
Pneumonia
Choking
Death

- **INCREASED LENGTH** of stay in hospital
- **PLACEMENT** decisions
- **QUALITY** of life

WHAT YOU CAN DO



DO:

- Tell your doctor
- Ask to see a speech language pathologist
- Wear your dentures, glasses and hearing aids
- Only eat when fully awake
- Sit upright and then for 30 minutes after you've eaten

DON'T
TALK
WHILE
EATING

WHAT OTHERS CAN DO

HELP

Help you open your containers...
Help you cut your food...
Help you eat...
Give small bites and sips...
Wait until you've swallowed
before giving you more...



DON'T



Do not talk
to you **while**
you're eating



Do not
make you
eat too fast

IF YOU HAVE PROBLEMS WITH CHEWING AND SWALLOWING, TELL YOUR DOCTOR AND SEE A SPEECH LANGUAGE PATHOLOGIST