

Dysphagia

Aphasia friendly version

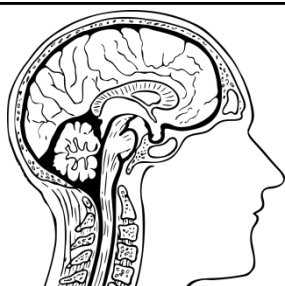


Dysphagia is a **difficulty swallowing**

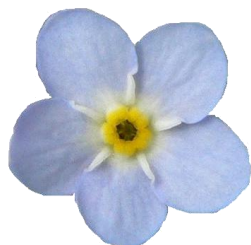
Dysphagia can be **caused** by many **conditions**, some of these are



Stroke



Head injury



Dementia

Signs of a swallowing problem



Coughing or **choking**

A **wet** and **bubbly** sounding **voice**

Becoming **short** of **breath**

Eyes start to **water**

A lot of **chest infections**

Risks caused by swallowing problems



Food or **drink** getting **into** the **lungs**.

This can cause **infection**.

Choking



Malnutrition

Dehydration

Weight loss



Reduced quality of life

How we can **help**



Your **eating** and **drinking** will be **assessed**.



We will see if it is **safe** for you to **eat** and **drink**.



We may suggest a **change** in the **consistency** of your **food** and **drinks**.

We may **recommend** some **techniques** to **help** you swallow.

Things that can **help** when **eating** and **drinking**



Being **awake** and **alert**



Being **sat upright**



Avoid mixing food and drink in the **same mouthful**



Avoid talking and **eating** at the **same time**

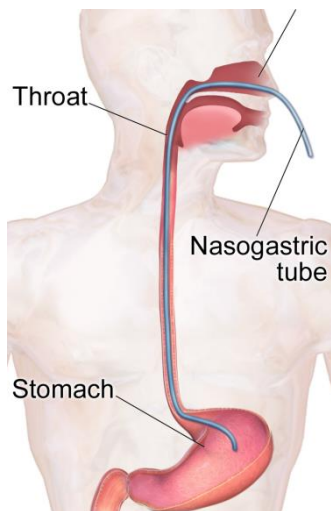
If **eating** and **drinking** is **not safe**



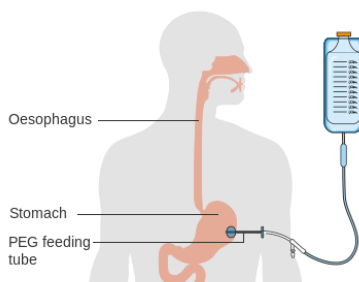
Your **doctor** may suggest giving you **food** and **fluids** in a **different way**.



Fluids from an **Intravenous drip**.



A nasogastric **tube** in your **nose** and down into the **stomach**.



A **PEG tube** into the **stomach**.

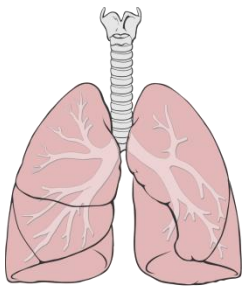
Feeding with risk

The above options may **not** be the **right choice** for everyone.

This may be due to a **variety** of **reasons**.



You may **continue** to **eat** and **drink normally**.



There is **risk** of food and drink **going into** your **lungs** if you do this.



A **doctor** will help **guide** this **decision**.



More **information**

If you would like some **advice** or **support** please **contact** us.

Call the **speech and language therapy** team on
01271 322 388

Or **ask** the **ward staff** to **help**.