

This Publication is for Individuals and Families with Intellectual and/or Developmental Disabilities

ACTIVE NEWS

Dysphagia

Dysphagia = difficulty chewing, swallowing, or passing food or fluid from the mouth to the stomach.



Dysphagia may occur because of problems in the mouth or throat.

Why is it important to learn about Dysphagia?

Eating and drinking keeps our bodies strong and healthy. If we have trouble chewing and swallowing foods and drinks we need, then our bodies could get sick.



If you think something is wrong with your chewing and swallowing;

1. Tell staff
2. Talk to your agency nurse
3. See your doctor

10 signs of Dysphagia you can look for

1. If your eyes/nose are watery during or after eating
2. If you are coughing/choking during or after meals
3. If you have a wet/gurgled voice during or after meals
4. If you have to clear your throat often
5. It hurts when you swallow
6. If you are vomiting after eating
7. If you have shortness of breath while eating or drinking
8. If you need many attempts to swallow
9. If you are holding or pocketing food/liquids in your cheeks
10. If you have a hard time swallowing medication



For items from our
“Eating, Drinking, Swallowing Checklist”
visit our website www.PCHC.org

Ways to stay safe while eating:

- Don't take another bite until food in your mouth is chewed and swallowed



- Only use small spoons



- Listen to soft slow music



- Take small bites and cut food in small pieces



- Don't talk and eat



- Have good posture while eating

- Chew slowly



- Sit at the table when eating

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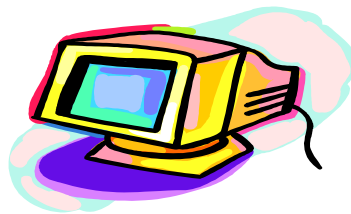
Extension 3685

A Core Program of



Funding provided by Philadelphia Department of Behavioral Health and Mental Retardation Services, the Bucks, Chester, Delaware and Montgomery County Offices of Mental Retardation and the Office of Developmental Programs, Pennsylvania Department of Public Welfare.

VISIT OUR WEBSITE AT



www.pchc.org

Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace medical advice.

If you believe that you, or someone you support, has medical issues, please seek the advice of medical professionals.