

Swallowing Awareness Day



Val's swallowing story



My swallowing problems began after treatment for throat cancer. At first, I expected my dry, sensitive mouth, lack of taste and swallowing problems to improve. However, it soon became clear to me that although I began to taste more, the other difficulties I was experiencing were getting worse. This had a huge impact on me because, prior to being diagnosed with cancer, I had always loved eating and trying out new food and wine. Eating out was a huge part of my social life.

I am now unable to swallow food without washing it down as my throat muscles don't work properly. It takes me a long time to eat the tiniest amount of food and I have had to have a tube fitted to ensure I get my daily nutrition. Life has changed in many ways, but my speech therapist, Jo, has helped enormously. She has always been there if I have had a problem and she has also involved me in a number of research projects, which has given me back my sense of worth and helped me, mentally, to deal with my swallowing problems. I am very grateful to her.



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