

WHAT IS DYSPHAGIA?

Dysphagia is the medical term for eating, drinking and swallowing difficulties. Some people with dysphagia have problems swallowing certain foods or liquids, while others can't swallow at all.

Signs and symptoms of dysphagia

- Takes a long time to chew
- Food getting stuck in the throat
- Changes in voice, including nasal or 'wet' speech
- Difficulty chewing or controlling food or fluids in the mouth
- Coughing or choking when swallowing
- Changes in eating habits, such as eating slowly or avoiding meals altogether
- Significant unintended weight loss
- Recurrent chest infections or pneumonia
- Food or drink coming out of the nose when swallowing
- Anxiety when eating, drinking or swallowing



FIND OUT MORE AT [RCSLT.ORG/DYSPHAGIA](https://www.rcslt.org/dysphagia)

