

# IDENTIFYING EATING, DRINKING AND SWALLOWING DIFFICULTIES

Eating, drinking and swallowing difficulties, also known as dysphagia, are when people have problems swallowing certain foods or liquids, or may not be able to swallow at all.

## Signs and symptoms of eating, drinking and swallowing difficulties:

- 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)**

**#SWALLOWAWARE2026**