

# Swallowing Awareness Day

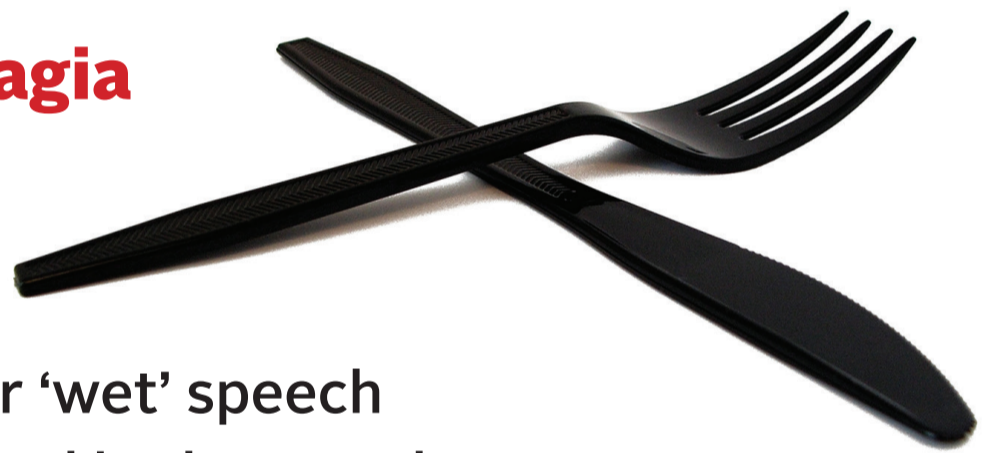


## Dysphagia: A difficult diagnosis to swallow

Dysphagia is the medical term for 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 in the mouth
- Coughing or choking when swallowing
- Changes in eating habits, for example eating slowly or avoiding meals altogether
- Significant, unintended weight loss
- Recurrent chest infections or pneumonia
- Food in the nose
- General weakness, a noticeable change in mental status and the overall effects of losing strength



For more information, visit [www.rcslt.org](http://www.rcslt.org)