

Department of Speech and Language Therapy

Dysphagia – Swallowing Difficulties (Adults)

What is dysphagia?

Dysphagia is the term used to describe **difficulty** with **swallowing**.



What are the causes?

Swallowing problems may occur for a number of different reasons. Please speak to your speech and language therapist or doctor about the possible causes of your difficulties.

What are the common signs?

- **Coughing** or **choking** when eating/drinking.
- **Gurgley** voice after eating/drinking.
- **Food** getting **stuck** in your **mouth** or **throat**.
- Difficulty **keeping food** or **drink** in your **mouth**.
- **Problems chewing**.
- **Drooling** saliva.



What can help?

Speech and language therapists assess and help with swallowing difficulties. They can:

- **explain** why swallowing is difficult
- give **exercises** or **strategies** to help with swallowing
- give **advice** on different **textures** that are easier and safer to swallow
- recommend **nil by mouth (NBM)**. This means that it is **unsafe** for you to **eat and drink**

Useful websites

www.dysphagiaonline.com

www.dysphagia.org.uk

Contact details:

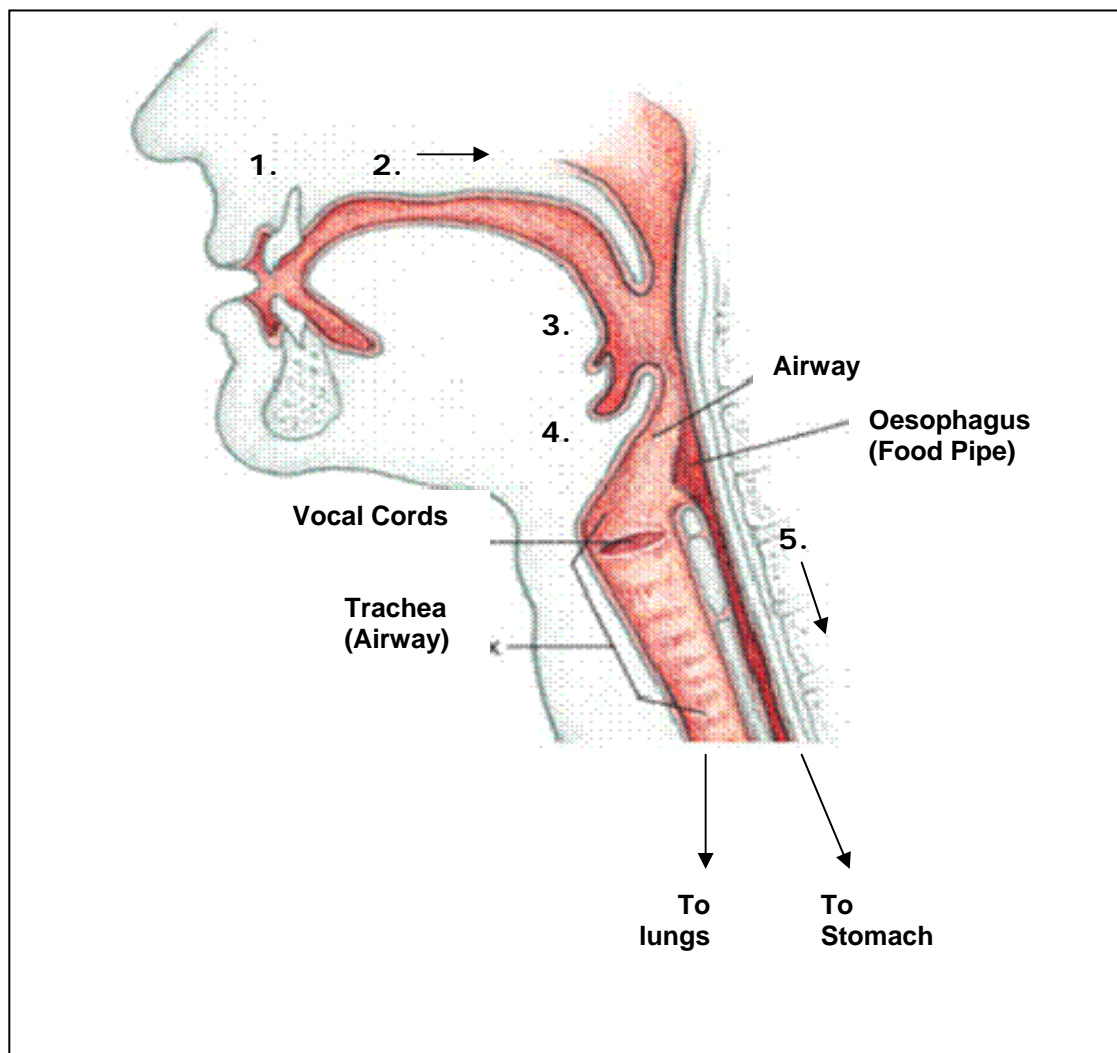
Your speech therapist is: _____

Telephone Number: _____

More information about swallowing

The normal swallow:

1. chew the food
2. move the food / drink to the back of your mouth
3. swallow triggers
4. close off the airway and open the food pipe
5. food/drink passes down the food pipe to the stomach





We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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| Contact number | 01223 216200 |
| Publish/Review date | December 2011/December 2014 |
| File name | Dysphagia |
| Version number/Ref | 1/PIM2863 |