

A black and white photograph of a woman with short, light-colored hair, looking slightly to the right while holding a clear glass of water to her lips. The background is softly blurred.

LET'S TALK

about swallowing disorders

A swallowing disorder, also known as **dysphagia** (*dis-fay-juh*), is a difficulty or inability to swallow.

Left untreated, swallowing disorders **can have devastating effects** on a person's physical and emotional wellbeing.

Speech-language pathologists assess, treat and manage swallowing disorders.

Signs of swallowing disorders (dysphagia):

- Coughing episodes when drinking or eating.
- Difficulty swallowing medication.
- Feeling as though food is stuck in throat.
- Avoiding certain foods or drinks because they are hard to swallow.
- Feeling embarrassed to eat in public; eating is no longer pleasurable.
- Finding it hard to chew and swallow food.
- Weight loss.
- Food, drinks or saliva falling from mouth.