

Fast Facts

Dysphagia

- Medical term for difficulty swallowing
- Process of swallowing is complex and involves many different components
- When one of these is affected, it can make it challenging for food or liquid to pass from your mouth to your stomach
- Sometimes, when you eat too fast or don't chew your food thoroughly enough, it can result in difficulty swallowing. If this happens, it isn't a cause for concern
- If you consistently have swallowing issues, you should see a doctor to determine the cause
- Two main types: oropharyngeal dysphagia and esophageal dysphagia

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Pain while swallowing (odynophagia) -Being unable to swallow -Having the sensation of food getting stuck in your throat/chest -Drooling -Being hoarse -Sore throat -Coughing/gagging when swallowing -Unexpected weight loss -Frequent heartburn -Bringing food back up (regurgitation) -Having to cut food into smaller pieces or avoid certain foods because of trouble swallowing 	<p><i>Oropharyngeal:</i></p> <ul style="list-style-type: none"> -Learning exercise from a speech or swallow therapist <p><i>Esophageal:</i></p> <ul style="list-style-type: none"> -Surgery to correct the problem (depends on cause) <p><i>If you have GERD:</i></p> <ul style="list-style-type: none"> -Medications to reduce the amount of stomach acid <p><i>Esophageal Spasms:</i></p> <ul style="list-style-type: none"> -Smooth muscle relaxants <p><i>Severe Dysphagia:</i></p> <ul style="list-style-type: none"> -Special liquid diet -Feeding tube 	<p>Reduce the chances of complications:</p> <ul style="list-style-type: none"> -Cut food into smaller pieces -Eat slowly -Chew food thoroughly -Eat smaller meals more frequently -Try foods with different textures to see if some cause you trouble more than others (ex. sticky or thin liquids) -Avoid alcohol, caffeine, and tobacco -Detect and treat GERD early

©2021 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.