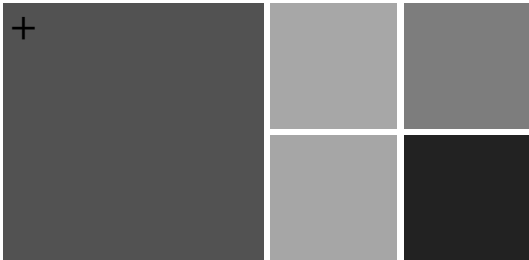


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Swallowing Disorders

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### Common Terms

- **Dysphagia-**
  - Another name for a swallowing disorder.
- **Epiglottis**
  - Structure that closes off the trachea when swallowing occurs.
- **Bolus-**
  - Food or liquid in the mouth.
- **Mastication-**
  - chewing
- **Aspiration-**
  - Food, liquid, or saliva is in the airway beneath the vocal folds. Not uncommon for most people.
- **Silent Aspiration-**
  - Food, liquid, or saliva is in the airway beneath the vocal folds, and no coughing or change in voice occurs. May signal a swallowing problem.

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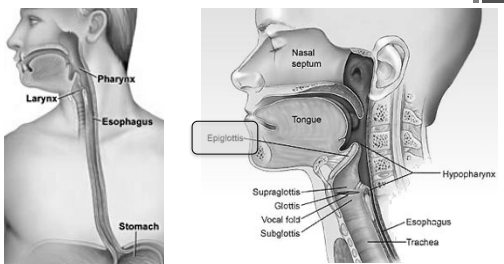
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### Anatomy



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+ **Common Symptoms of Dysphagia...**

- Coughing or choking while eating or drinking
- Difficulty swallowing
- Food leaking from mouth while eating
- Food staying in mouth unintentionally after eating
- Recurring pneumonia

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+ **Demographics**

Not uncommon for certain high risk groups.

- Rehabilitation settings: About 1/3.
- Nursing homes: About 50%
- Following an acute stroke: About 50%

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+ **Treatment**

- Compensatory Techniques
  - Help to decrease symptoms of dysphagia without changing the actual process of swallowing
- Direct Treatment
  - Involves active exercises that can alter muscle function and the actual process of swallowing

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**+ Compensatory Techniques**

- Changing the head or body posture
  - Putting chin down
- Increasing sensory input
  - Sour food
  - Putting spoon down on tongue to increase sensitivity.
- Changing food or liquid thickness.
  - Increasing thickness makes it easier to swallow.
- Modifying feeding techniques
  - Increasing swallowing time.
  - Putting food in sensitive area of mouth.

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**+ Direct Treatment**

- Range-of-motion exercises
  - tongue, jaw, lips, and vocal folds.
- Swallowing maneuvers that help to control specific areas of swallowing.
  - E.g., hold your breath before and during swallowing.

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**+ Left untreated, dysphagia could lead to...**

- Dehydration
- Weight loss
- Poor nutrition
- Pneumonia
- Chronic lung disease

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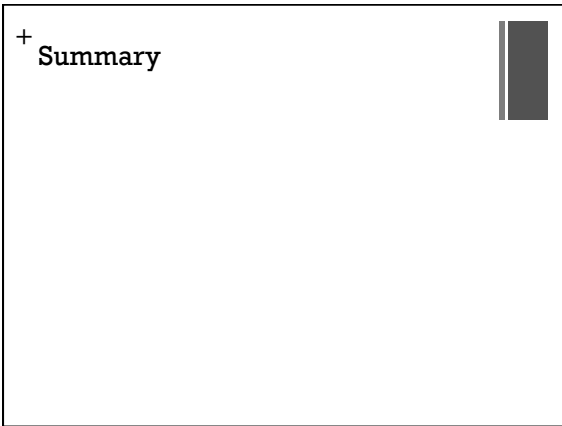
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+ Summary



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