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.