

# Hard to swallow?



Difficulties eating, drinking or swallowing can have a huge impact on your quality of life. Speak to your GP if you or your loved one experience any of the following during or after swallowing:

- Chestiness without symptoms of a cold
- Coughing or gagging
- Pain or great effort
- Change in voice quality, eg 'wet' or 'gurgly'
- Food left behind in the mouth
- Changes in breathing, eg breathlessness or gasping.

Also watch out for high risk behaviours, like not chewing enough, overfilling the mouth, eating or drinking too quickly.



Health and  
Social Care

[pha.site/dysphagia](http://pha.site/dysphagia)