

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