



# living with dysphagia

A patient guide

[www.dysphagia.org.uk](http://www.dysphagia.org.uk)

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## A patient guide

### What is Dysphagia?

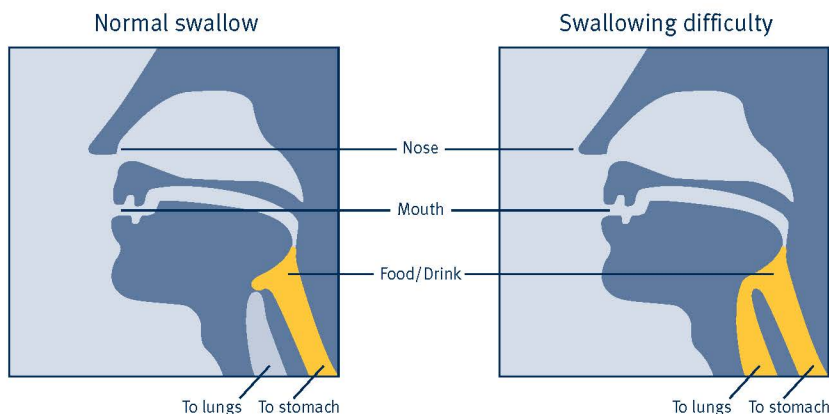
Dysphagia is the term to describe difficulty in swallowing food and/or drinks. A swallowing problem may arise as a side effect of many conditions, such as:

- Stroke
- Cerebral Palsy
- Head injury
- Motor Neurone Disease
- Multiple Sclerosis
- Parkinson's Disease
- Surgery to the head and neck

In some cases the swallowing problem may improve as recovery takes place, such as following a stroke, however, in other cases the condition may deteriorate, e.g. Parkinson's Disease.

### What happens?

Due to a weakness or uncoordinated action of the mouth and throat muscles there is a risk that food or drink may go into the lungs instead of the stomach.



### Who can help?

Speech and Language Therapists are trained to assess and treat an individual's ability to swallow. A Speech and Language Therapist will advise on the consistency required, foods and drinks that are suitable, the best sitting position to make swallowing easier, and certain techniques to aid swallowing. Dietitians are experts in nutrition and can advise on a well-balanced diet ensuring the person maintains a good nutritional intake.

### What can help?

Thick & Easy™ makes it possible for you to enjoy a varied and nutritious diet. The enclosed inserts show how Thick & Easy™ can be used. Additional information and support is available at [www.dysphagia.org.uk](http://www.dysphagia.org.uk).

## Order codes

Product	Order code
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Thick & Easy™ 225g tin	7931333
Thick & Easy™ 4.54kg catering pack	7931334
Thick & Easy™ 9g sachet	7917661

### Pre thickened juices

1.42l bottles	Apple	7917694
	Orange	7917695
	Cranberry	7917696
	Kiwi Strawberry	7917705
	Blackcurrant	7917703
118ml juice pots	Apple	7917702
	Orange	7917706

