





SWALLOW

Difficulties eating, drinking or swallowing can have a huge impact on your quality of life.

Speak to a Healthcare Professional* if you or your loved one has ever experience any of the following during or after swallowing

*A healthcare professional is a GP, Nurse, Speech and Language Therapist or Dietitian.

- Choking
- Chestiness without symptoms of a cold
- Coughing or gagging
- Pain or great effort
- Change in voice quality, e.g. 'wet' or 'gurgly'
- Food left behind in the mouth
- Changes in breathing, e.g. breathlessness or gasping
- High risk behaviours, like not chewing enough, overfilling the mouth, eating or drinking too quickly



Follow this link for more information <https://tinyurl.com/EDS-animation>



The Experience of Residential Care Home Residents

Patient and Client Council and
you about your experiences with

To access the survey visit:

www.surveymonkey.com

Or if you would like to receive

02895 36 286

Swallow

Awareness

17 March 2021



**PALLIATIVE
CARE WEEK**

**9-15
SEPTEMBER**





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