

Friday, 14 February 2020

[Allied Health Professions](#)



**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.

HSC Health and Social Care  
[pha.site/dysphagia](http://pha.site/dysphagia)

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This poster aims to raise awareness of swallowing difficulties (dysphagia) and describes what to do if you have symptoms or see signs in a loved one.

## Details

Format

A3 poster

Target group

General public, health professionals

## Downloads

**Attachment**

**Size**

[Swallow Aware Poster A3 Male Pic LR 02 20.pdf](#) 1.13 MB

## Tags

- [swallowing difficulties](#)
- [dysphagia](#)
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