

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.

**Swallow Aware**

**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

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