

What is *dysphagia*?

People with dysphagia have difficulty swallowing and may even experience pain while swallowing (odynophagia).

SYMPTOMS

While often varied, common symptoms include:



Coughing during or immediately following eating or drinking



Wet or gurgly sounding voice during or after eating or drinking



Extra effort or time needed to chew or swallow



Food or liquid leaking from or remaining in the mouth



Recurring pneumonia or chest congestion after eating



Weight loss or dehydration, due to decreased food/liquid intake



TO OBTAIN A
**SELF-ADMINISTERED EATING
ASSESSMENT TOOL**

(10 EASY QUESTIONS), VISIT

nfosd.org/the-five-minute-swallowing-assessment-survey/



- ✓ Refers dysphagia patients to highly qualified swallowing specialists
- ✓ Provides support and resources for dysphagia sufferers, their loved ones and caregivers
- ✓ Raises funds for dysphagia awareness, support and research
- ✓ Produced an online documentary highlighting the impacts dysphagia has on quality of life



The **NFOSD**, a 501(c)(3) non-profit organization, needs your support. A small donation can make a big difference!

Please donate online at
www.NFOSD.org

Donations are tax deductible.

For more information, tools and how you can find a highly-qualified swallowing specialist, visit **www.NFOSD.org** or contact:



NFOSD - PO Box 3725 Carmel, CA 93921



info@nfosd.org



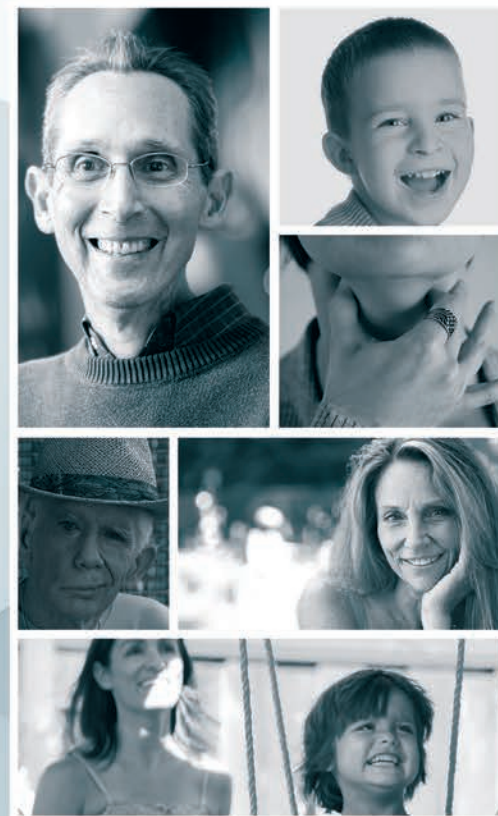
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SWALLOWING DISORDERS

can affect *anyone*



Swallowing disorders, also known as

“dysphagia”

can affect men and women
of all ages.

support, advocacy...



...and *hope*



CAUSES

- Head and neck cancer
- Stroke
- Head or neck injury
- Cerebral Palsy
- Parkinson's disease (PD)
- Birth abnormalities (e.g. cleft)
- Esophageal infection or irritation
- Dementia



DIAGNOSTIC TESTS

The most commonly conducted tests used by speech-language pathologists include:

1

MODIFIED BARIUM SWALLOW (MBS)

Real-time visualization of the oral and pharyngeal structures and function of swallowing as the patient ingests various consistencies of food or liquid that contain barium.

2

FLEXIBLE ENDOSCOPIC EVALUATION OF SWALLOWING (FEES)

An endoscopic procedure providing visualization of the pharyngeal and laryngeal structures before and after the swallow.



TREATMENT

Treatment depends on the cause, symptoms, and type of swallowing problem. A speech - language pathologist specialized in swallowing disorders may recommend:

- Swallowing exercises to improve muscle movement
- Swallowing postures, often involving the rotation or tilting of the head
- Modified diet, recommending solid and liquid textures that are easier & safer to swallow
- Referral to a physician to consider alternative treatment options

1 in 20 Americans have a swallowing disorder

300,000 TO 600,000

Approximately



of referrals NFOSD makes are for infants and children with dysphagia.

individuals in the U.S. are affected by *neurogenic dysphagia* (stroke, Parkinson's disease, ALS, etc.) each year.

10 MILLION Americans are evaluated for swallowing difficulties each year



...education, research



MISSION STATEMENT

Our commitment is to provide patient hope and improve quality of life for those suffering from all types of swallowing disorders. By enhancing direct patient support, education, research and raising public, professional and governmental awareness, our mission is to advance the prevention and treatment of swallowing disorders in our lifetime.