# SIGNS AND SYMPTOMS OF DYSPHAGIA



DYSPHAGIA IS DIFFICULTY SWALLOWING & SIGNS AND SYMPTOMS INCLUDE:



# 1.) PAIN WHILE SWALLOWING/INABILITY TO SWALLOW:

Trouble with swallowing can originate anywhere in the mouth, throat, or esophagus

# 2) SENSATION OF FOOD GETTING STUCK IN THE THROAT/CHEST/STERNUM:

Sometimes food or another object can partially block the throat or esophagus



### 3.) DROOLING:

When food or other objects get stuck in the throat, it can cause persistent drooling or saliva

## 4.) FOOD COMING BACK UP (REGURGITATION):

When the lower esophageal muscle (sphincter) doesn't relax properly, it can cause food to come back up into the throat



## 5.) FREQUENT HEARTBURN/GERD:

GERD is the recurring movement of stomach acid from the stomach back up into the esophagus that can cause heartburn or chest pain

### 6.) HOARSENESS:

Any acidic irritation to the larynx may result in a hoarse voice. As the vocal folds begin to swell from acidic irritation, their normal vibration is disrupted



### 7.) WEIGHT LOSS:

Dysphagia can make it difficult to take in enough nourishment and fluids and over time, which can result in weight loss/malnutrition

## 8.) COUGHING/CHOKING WHILE SWALLOWING:

One of the most common signs are coughing or choking, when food goes down the "wrong way" and blocks your airway

