

Swallowing Problems

Having a hard time swallowing is called dysphagia. It can affect eating, drinking, and taking medicine. Swallowing problems may lead to poor nutrition.

Signs of Swallowing Problems

- Coughing, choking or a gurgling voice while eating and drinking
- Feeling food stuck in your throat or mouth
- Drooling
- Having a weak cough or weak voice
- Having trouble or pain with swallowing
- Avoiding some or all food or liquids

Swallowing problems can be caused by:

- A stroke
- Head and neck cancer
- Injuries to the throat
- A head injury
- Brain disorders
- Radiation
- Some medicines
- A tracheostomy

Your Care

If your doctor suspects a swallowing problem, a Speech Language Pathologist, called a SLP, may need to check your swallowing. The SLP is trained to help patients with swallowing problems. Swallowing problems are checked two ways:

- **Swallowing check:** The SLP watches you eat food and drink liquids that are thick and thin. If swallowing problems are seen, more testing may be needed.
- **Modified barium swallow:** This test is done to check how you swallow. X-ray pictures are taken as foods and liquids move from your mouth through your throat.

吞嚥問題

很難吞嚥被稱之為吞嚥困難。它影響吃喝及服藥。吞嚥問題可能導致營養不良。

吞嚥問題的症狀

- 吃喝東西時咳嗽、噎住或發出咯咯聲
- 感到食物哽在您的咽喉中或嘴中
- 流口水
- 小聲咳嗽或聲音疲弱
- 吞嚥有困難或感到疼痛
- 避免某些或所有飲食

吞嚥問題可能由下列原因引起：

- 中風
- 頭部和頸部癌症
- 咽喉受傷
- 頭部受傷
- 腦病變
- 輻射
- 一些藥物
- 氣管造口術

您的醫療

如果您的醫生懷疑您有吞嚥問題，一位稱為 SLP 的說話語言病理學者可能需要對您的吞嚥進行檢查。SLP 經專業訓練以幫助有吞嚥問題的患者。吞嚥問題可用兩種方法檢查：

- **吞嚥檢查：**SLP 觀察您吃食物，觀察您喝稠的和稀的液體。如看到吞嚥問題，可能需要做更多測試。
- **改良吞銀測試：**此測試用於檢查您如何吞嚥。食物和液體從您嘴裡移動穿過您的咽喉時拍 X 光照片。

Swallowing Problems. Traditional Chinese.

Based on the results of the tests, your care may include:

- Having certain types of food or liquid thickness
- Holding your head in a certain way while you eat and drink
- Doing exercises to make your swallowing easier and safer

Talk to your doctor or nurse if you have any questions or concerns.

根據檢查結果，您的護理可能包括：

- 吃某一類食物或喝某一濃度的液體
- 當您吃喝時，將頭部保持某一姿勢
- 做練習以使您的吞嚥更容易及更安全

如果您有任何疑問或關注事項，請告知您的醫生或護士。

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