

# Dhibaatooyinka Wax liqidda

## 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.

Ku dhibaatoowga wax liqidda waxaa loo yaqaannaa disfagiya (dysphagia). Wuxuu saameyn karaa cunidda, cabbidda, iyo dawo qaadashada. Dhibaatooyinka wax liqiddu waxay keeni kartaa nafaqo xumo.

### Signs of Swallowing Problems

- Coughing, choking or a wet, 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

### Calaamadaha Dhibaatooyinka Wax Liqidda

- Qufac, margasho, cod qoyan oo guux leh marka wax la cuno ama la cabbayo
- Dareemidda in cunto ay ku dheggaan tahay hunguriga ama afka
- Dhareerin
- Qufac liita ama cod liita lahaansho
- Dhibaato ku qabidda liqidda ama xanuun dhinaca wax liqidda ah
- Ka cararka qaar ka mid ah ama dhammaan cunnooyinka ama cabitaannada

### 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

### Dhibaatooyinka wax liqidda waxaa sababi kara:

- Miyir beelid
- Kansarka madaxa iyo qoorta
- Dhaawacyada hunguriga soo gaara
- Dhaawac madaxa soo gaara
- Cillad maskaxda ah
- Shucaac
- Dawooyinka qaarkood
- Dalool hunguriga gala (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 (evaluation):** 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 as you swallow different foods and liquids.

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.**

## Daryeelkaagac

Haddii takhtarkaagu uu ka shakiyo dhibaatooyin wax liqid, Takhtarka Luqadda Hadalka, ee loo yaqaanno SLP, ayaa laga yaabaa in uu u baahdo inuu hubiyo wax liqiddaada. SLP waxaa loo tababaray inuu bukaannada ka caawiyo dhibaatooyinka wax liqidda. Dhibaatooyinka wax liqidda waxaa loo hubiyaa labo siyaabood:

- **Hubinta liqidda (qiimeyn):** SLP waxay fiirinaysaa adiga oo cunaya oo cabbaya dareere adag ama fudud. Haddii dhib liqis jirto, baadhitaan dheeraad ah ayaa loo baahan karaa.
- **Liqidda barium wax laga beddelay:** Baaritaankaan waxaa loo sameeyaa in lagu hubiyo sida aad wax u liqeysid. Sawiro raajo ayaa la qaadayaa marka cuntooyin iyo cabbitaano marayaan afkaaga oo u gudbayaan dhuuntaada adiga oo liqaya cuntooyin iyo cabbitaano kala duwan.

Iyada oo ku saleysan natiijoooyinka baaritaannada, ayaa daryeelkaaga laga yaabaa iney ku jiraan:

- In aad cunnooyin ama cabitaanno gaar ah oo culus aad qaadato
- In aad madaxaaga u hayso si gaar ah marka aad wax cuneyso iyo markaad cabbayso
- Sameynta jimicsi si aad wax liqidda uga yeesho mid kuu fudud oo kuu nabdoon.

**La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaacyo ah qabtid.**