

吞嚥問題

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.

很難吞嚥被稱為吞嚥困難，它會影響吃喝及服藥。吞嚥問題可能導致營養不良。

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

吞嚥問題的症狀

- 飲食時咳嗽、哽住或發出濕潤聲、咯咯聲
- 感到食物哽在咽喉或口中
- 流口水
- 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

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

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

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.

醫療護理

如果您的醫生懷疑您有吞嚥問題，一位稱為 SLP 的語言病理師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（評估）：** SLP 觀察您吃喝食物，並且觀察您飲用稠的 和稀的液體。如發現吞嚥問題，可能需要做更多測試。
- **改良性吞嚥測試：** 此測試用於檢查您如何吞嚥。當您吞入食物和液體時，在食物和液體從嘴巴穿過咽喉時，進行 X 光拍攝。

根據檢查結果，您的護理可能包括：

- 吃某幾類食物或飲用某種濃度的液體
- 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。