



DYSPHAGIA



What is dysphagia?

- Dysphagia is difficulty swallowing solid or liquid foods, with or without pain
- It can happen at any age



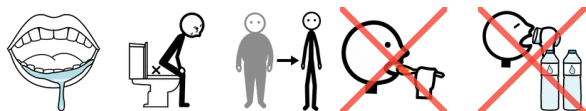
Is it forever?

- The difficulty in swallowing may be temporary or long-lasting, depending on what's causing it



Symptoms

- Drooling
- Constipation
- Weight loss
- Malnutrition
- Dehydration
- The sensation of something stuck in the throat



Risks

- The greatest risk is choking and having food go down the wrong way into the lungs
- This can lead to pneumonia



Nutrition

- There are several ways to adapt a person's diet depending on their individual needs
- Thickeners are used to change the texture of liquids and make swallowing easier.
- Types of textures:
 - Nectar-like texture
 - Honey-like texture
 - Pudding-like texture



How to Use the QR Code to Access Health Information

1. Open your phone's camera.
2. Point it at the QR code (that square with little patterns).
3. Tap the message that appears on screen.
4. It will take you to a page with safe, verified health information.





Recommendations

- Do not mix different textures in the same meal.



- Avoid distractions such as the television or mobile phone, and do not talk while eating



- Chew well and eat slowly



- Chew well and eat slowly eat in a calm, pleasant, and well-lit environment
- Have meals when you feel most awake and rested
- Do not take another bite while your mouth is still full



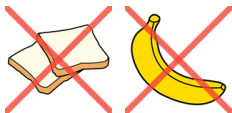
- Stay seated for at least 30 to 60 minutes after eating



- Brush your teeth and tongue thoroughly after each meal



- Avoid sticky or hard-to-swallow foods, such as sandwich bread or banana



- Verified by nurse Eduardo, a digestive system specialist at the University Hospital Complex of Pontevedra.
- Source: medical knowledge provided by specialists at the Hospital of Pontevedra. This material was created for the COMTA project, developed by the Hepatology and IBD Research Group of IIS Galicia Sur, along with the Digestive and Endocrinology departments of the Healthcare Area of Pontevedra and O Salnés.
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