

SWALLOWING DIFFICULTIES?

Do you or someone you care for experience:



Choking or coughing while eating or drinking



The **feeling of food being stuck** in your throat or chest



Trouble swallowing saliva, possibly leading to drooling



Gurgly or wet-sounding voice after swallowing

NOTE: These symptoms are just a few that you may be experiencing while eating or drinking. Please talk to your healthcare professional if you are having difficulty swallowing.



**OVER
2 MILLION
CANADIANS
45-YEARS AND OLDER
MAY HAVE SWALLOWING
DIFFICULTIES^{1,2}**

COMPLETE A QUICK QUESTIONNAIRE

Scan this QR code or visit www.thickenup.ca to find out if you are at risk for **Dysphagia**.

Dysphagia is the medical term for swallowing difficulties.



**SPEAK TO YOUR
HEALTHCARE
PROFESSIONAL
FOR HELP:**

- DOCTOR
- DIETITIAN
- SPEECH LANGUAGE PATHOLOGIST



SCAN ME