## 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 2 CANADIANS 45-YEARS AND OLDER MAY HAVE SWALLOWING DIFFICULTIES<sup>12</sup>

## **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.



- DOCTOR
- DIETITIAN
- SPEECH LANGUAGE PATHOLOGIST



**SCAN ME** 



1. A. Namasivayam-MacDonald et al. Dysphagia. 2023; doi: 10.1007/s00455-023-10570-5. Online ahead of print. 2. Statistics Canada. Census Profile, 2021 Census of Population. https://www12.statcan.gc.ca/ census-recensement/2021/Canada. Accessed April 24, 2023. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland and used under license. ©2023 Nestlé. All rights reserved. S10-5899