

Signs of Dysphagia in Adults

Those in your care do not need to be aspirating violently to be suffering from dysphagia.

We have therefore listed some of the key signs that can indicate someone is having difficulty swallowing “free flowing” drinks and needs to have them slōwed down so they can drink safely.

- Frequent repetitive swallowing
- Excessive throat clearing
- Gurgly voice after eating
- Horse voice or recurrent sore throat
- Hesitation or inability to swallow
- Difficult or painful swallowing
- Constant feeling of a lump in the throat
- Food coming up through the mouth or nose
- Chest pain or discomfort when swallowing
- Recurrent episodes of pneumonia
- Frequent heartburn
- Unexpected weight loss
- Necessity to “wash down” solid foods
- Food or acid backing up the throat
- Coughing during or after swallowing

Sponsored by **Slō Drinks**: The safe - smooth - slōw flowing drinks for dysphagia.

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Signs of Dehydration in Adults

Anyone that suffers from dysphagia is at increased risk of dehydration.

We have therefore listed the key signs that can indicate they need to drink more.

!Please remember that thirst is not a good indication of dehydration. Thirst begins after mild dehydration has already occurred.

- Dry mouth
- Chapped or dry lips
- Dry eyes
- Dry loose skin with a lack of elasticity
- Sunken features, particularly eyes
- Clammy hands and feet
- Headaches
- Light headaedness
- Dizziness
- Confusion and irritability
- Loss of appetite
- Burning sensation in the stomach
- Tiredness
- Low urine output

Slō Drinks are approved and used in the NHS and available on prescription.

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