

外语标题

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.

难以吞咽的情况称为吞咽障碍。这可影响进食、饮咽或服药。吞咽问题可导致营养不良。

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

吞咽问题的症状

- 在进食或饮咽时出现咳嗽、噎哽或湿润声、咕噜声
- 感觉食物卡住喉咙或口腔
- 流口水
- 轻微咳嗽或嗓音微弱
- 吞咽困难或吞咽疼痛
- 吃不下某些或全部食物或液体

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

吞咽问题的可能原因:

- 中风
- 头颈部癌症
- 喉咙受伤
- 头部受伤
- 脑部疾病
- 辐射
- 某些药物
- 气管造口术

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.

治疗护理

如果医生怀疑您有吞咽问题，那么言语病理学家（简称“**SLP**”）可能需要检查您的吞咽情况。**SLP** 经过专门培训，可帮助具有吞咽问题的患者。通过两种方式检查是否存在吞咽问题：

- **吞咽检查（评估）：** SLP 观察您进食以及饮用粘稠度较高和较低的液体。如果发现吞咽问题，可能需要进行更多检测。
- **改良性吞钡造影：** 该检测可检查您如何吞咽。当您吞咽不同食物和液体时，在食物和液体从口腔穿过喉咙的过程中，拍摄 X 射线照片。

依据检测结果，您的治疗可能包括：

- 仅可摄入某些种类的食物或某种粘稠度的液体
- 在进食和饮咽时，保持特定的头部姿势
- 进行锻炼，使吞咽更容易、更安全

如果有任何疑问或担心，请咨询医生或护士。