

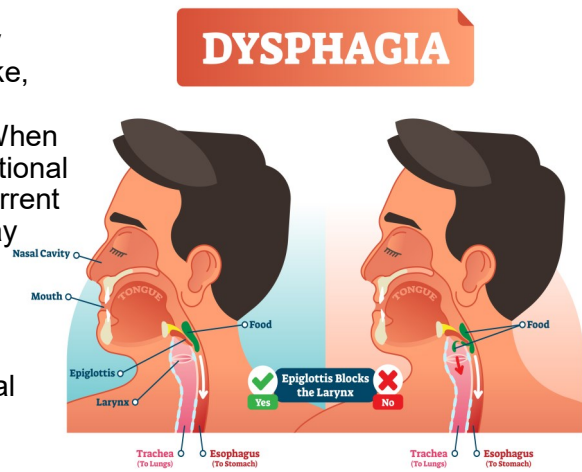
Rehabilitation News

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Chew on this!

Did you know that 1 in 25 adults will experience difficulty swallowing (dysphagia) annually? Dysphagia is commonly experienced among patients who have a head injury, stroke, head/neck cancer, dementia, developmental disabilities, muscular dystrophy or gastroesophageal reflux disease. When a person has difficulty swallowing this may lead to unintentional weight loss, increased time required for meals and/or recurrent upper respiratory infections. The presenting symptoms may include:

- Frequent coughing or throat clearing during meals
- Feeling of food getting “stuck” in the throat
- Refusal of food/liquid for individuals with developmental disabilities



Feeding and swallowing difficulties can also affect infants and young children. Children may experience food aversion, poor weight gain, failure to master self-feeding skills and dehydration.

I think my loved one or I may have dysphagia! What now?

Speech-Language Pathologists (SLPs) are feeding and swallowing experts and are here to help! Guthrie Cortland Medical Center offers swallowing assessment and treatment for all ages at our outpatient clinic located on the third floor of the hospital. An initial assessment will include reviewing medical history, examination of swallowing musculature and may include eating/drinking. Results will be discussed immediately after initial evaluation and recommendations may include the type of food/drink to consume, positioning strategies and recommendation for treatment. Guthrie Cortland Medical Center also has the ability to perform objective swallow assessments if deemed appropriate by your medical care team, allowing for full visualization of swallowing structures.



To get started, you will need a referral from your physician sent to Guthrie Cortland Medical Center. Please call us with any questions. We look forward to caring for you and your family!

Phone: 607-756-3606 - Fax: 607-756-3960



www.Guthrie.org