

What are the treatment options available for improving swallowing ?

Swallowing therapy is initiated before the start of treatment for cancer. SLP will demonstrate and ask for repetition of swallowing exercises throughout the cancer treatment period.

Continue to eat and drink whenever possible during treatment to keep the swallowing muscles moving and working. This will reduce the likelihood of long-term swallowing problems.

Meet *Speech Language Pathologist* to learn the;

- ⇒ Ways to change your chewing and swallowing manners to help reduce discomfort or food going down to lungs (Aspiration).
- ⇒ Ways to adjust the food type/ consistency to make it easier to swallow
- ⇒ Ways to change your posture to facilitate swallow.

Follow swallowing exercises before, during and after the completion of your treatment to achieve & maintain healthy swallow action



For Swallowing assessment and treatment

Contact:

clinics.slhs@sriramachandra.edu.in

**Sri Ramachandra
Medical Center & Hospital**

Dept of Speech Language & Hearing Sciences

II Floor, Smt. Kamalam Ramaswamy
Health Sciences Block

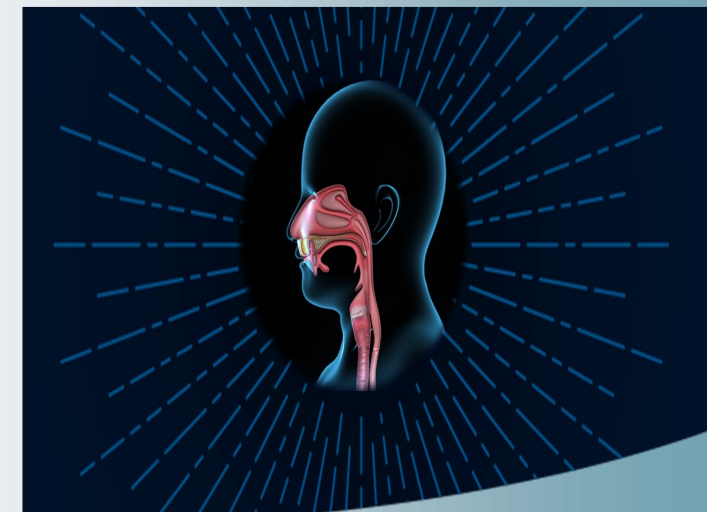
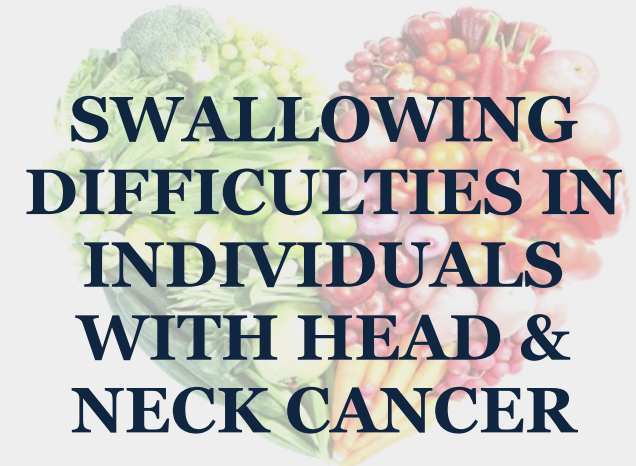
Contact: 044-45928500 Extn. 320/ 321



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in clients with communication problems*



**Department of Speech Language
& Hearing Sciences**



Swallowing

Chewing and swallowing are coordinated actions of the mouth. It involves lips, teeth, tongue and the muscles in the mouth, jaw and throat.

Head and Neck Cancer

- Many people with head and neck cancers develop difficulties in swallowing before, during or after treatment for cancer.

What causes swallowing difficulties?

- Swallowing difficulties may be because of the tumor or the effects of treatments, and it may be short-term or long-term.
- Treatment includes surgery and chemoradiation therapy or combination

Being able to swallow is important to ensure you are eating and drinking enough for living and for day to day activities in life.

How to identify swallowing difficulties?

- ⇒ Taking longer to chew and swallow
- ⇒ Pain during swallow
- ⇒ Gurgly or wet voice after swallow
- ⇒ Coughing or choking while eating or drinking
- ⇒ Food sticking in your mouth or throat

What are the tests done to check swallowing?

- Swallowing assessments are carried out by speech language pathologists (SLP) before and after cancer treatment to study swallowing abilities and co-ordination.



- First step in assessment is 'Clinical Swallow examination'.
- If more information is needed, SLP may suggest instrumental tests, a movie-type x-ray known as a Videofluoroscopic Swallow Study (VFSS) or modified barium swallow (MBS)
- Fibrotic Endoscopic Evaluation of Swallowing (FEES) test will be recommended to identify swallow coordination and determine the effects of dysphagia (Pooling, Penetration, or Aspiration, etc).



The test results will aid in planning the swallowing treatment.