

# 3 WAYS SWALLOWING PROBLEMS AFFECT DAILY LIFE

The ability to swallow food and liquid is something that many people take for granted. Someone who has difficulty swallowing, often resulting from illness or injury, may be impacted in three major ways:

## Nutrition:

Swallowing problems can result in poor nutrition and dehydration, loss of appetite, and weight loss. Good nutrition helps promote recovery from illness and injury.

## Health:

Swallowing problems can lead to other health issues, such as pneumonia. This may occur if food or liquid enters the airway (called aspiration).

## Social Engagement:

Swallowing problems can cause less enjoyment of eating or drinking, as well as embarrassment or isolation in social situations. Food is a key part of many social situations. As such, difficulty swallowing can lead to social withdrawal and depression—and affect overall quality of life.

Swallowing can improve significantly with treatment. Find a certified speech-language pathologist at [www.asha.org/profind](http://www.asha.org/profind).



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