

# 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.

## Signs of Swallowing Problems

- Coughing, choking or a 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

## 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

## 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:** The SLP watches you eat food and drink liquids that are thick and thin. If swallowing problems are seen, more testing may be needed.

# Dhibaatooyinka Wax liqidda

Ku dhibaatoowga wax liqidda waxaa loo yaqaanaa disfagiya (dysphagia). Wuxuu saameyn karaa cunidda, cabbidda, iyo dawo qaadashada. Dhibaatooyinka wax liqidda waxay keeni kartaa nafaqo xumo.

## Calaamadaha Dhibaatooyinka Wax Liqidda

- Qufucid, mergasho ama cod luq-luqasho oo yimaada marka wax la cunayo ama la cabbayo
- Dareemidda in cunto ay ku dheggan tahay hunguriga ama afka
- Dhareerid
- Qufac liita ama cod liita lahaansho
- Dhibaato ku qabidda liqidda ama xanuun dhinaca wax liqidda ah
- Ka cararka qaar ka mid ah ama dhammaan cunnooyinka ama cabitaannada

## Dhibaatooyinka wax liqidda waxaa sababi kara:

- Miyir beelid
- Kansarka madaxa iyo qoorta
- Dhaawacyada hunguriga soo gaara
- Dhaawac madaxa soo gaara
- Cillad maskaxda ah
- Shucaac
- Dawooyinka qaarkood
- Dalool hunguriga gala (tracheostomy)

## Daryeelkaaga

Haddii takhtarkaagu uu ka shakiyo dhibaatooyin wax liqid, Takhtarka Luqadda Hadalka, ee loo yaqaanno SLP, ayaa laga yaabaa in uu u baahdo inuu hubiyo wax liqiddaada. SLP waxaa loo tababaray inuu bukaannada ka caawiyo dhibaatooyinka wax liqidda. Dhibaatooyinka wax liqidda waxaa loo hubiyaa labo siyaabood:

- **Hubinta liqidda:** SLP ayaa ku daawanaya adiga oo cunto cunaya oo cabitaanna cabbaya kuwaasoo culeys ama khafiif ahaan kara. Haddii dhibaatooyin wax liqid la arko, baaritaanno badan ayaa laga yaabaa in loo baahdo.

- **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.

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.**

- **Liqidda barium wax laga beddelay:** Baaritaankaan waxaa loo sameeyaa in lagu hubiyo sida aad wax liqeysid. Sawirro raajo ayaa laga qaadayaa cunnooyinka iyo cabitaannada oo ku soconaya afkaaga ilaa iyo hunguriga.

Iyada oo ku saleysan natiijooyinka baaritaannada, ayaa daryeelkaaga laga yaabaa iney ku jiraan:

- In aad cunnooyin ama cabitaanno gaar ah oo culus aad qaadato
- In aad madaxaaga u hayso si gaar ah marka aad wax cuneeyso iyo markaad cabbayso
- Sameynta jimicsi si aad wax liqidda uga yeesho mid kuu fudud oo kuu nabdoon.

**La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaacyo ah qabtid.**

Swallowing Problems. Somali.

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