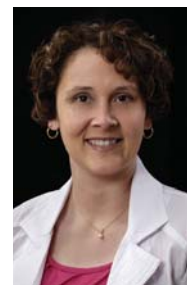




Ann M. Miller  
administers  
Neuromuscular  
Electrical Stimulation  
(NMES) to treat a  
swallowing disorder.



Ann M. Miller, MA,  
CCC-SLP, speech  
language pathologist

allows us to assess risks of swallowing and recommend safe diets.

## Q What are treatment options?

At Marion General Hospital, we offer the latest dysphagia therapy. Not only do we specialize in exercises proven to improve your swallow, we are also certified in the latest advancements in therapy. Our skilled SLPs offer neuromuscular electrical stimulation, muscular mobilization, deep pharyngeal neuromuscular stimulation, and Iowa Oral Performance Instrument therapy. Swallowing therapy can be completed while you are an inpatient, as an outpatient, or as a part of your treatment plan in our rehabilitation hospital. Our goal is to increase your quality of life by improving your swallow and making it possible to enjoy the foods that you love. ■

# UNDERSTANDING SWALLOWING DIFFICULTIES, OR DYSPHAGIA

## Q What is dysphagia?

Dysphagia is difficulty swallowing foods or liquids. Often caused by illness or injury, dysphagia can be the result of weakness or incoordination. Dysphagia can occur in the mouth, throat or esophagus.

## Q What are the complications from dysphagia?

Complications can include:

- Weight loss
- Pneumonia
- Malnutrition
- Dehydration
- Difficulty breathing
- Difficulty taking medication

## Q What are the symptoms of dysphagia?

Symptoms include:

- Dry mouth
- Coughing and choking
- Runny nose and watery eyes
- Difficulty breathing while and after eating
  - Food coming out of the mouth or nose
  - Feeling like food and liquids are stuck in throat or going down the wrong way
  - Recurrent pneumonia or bronchitis
  - Acid reflux

## Q How does a speech language pathologist (SLP) evaluate a patient's swallowing?

With a referral from your physician, a trained speech pathologist can evaluate and treat your swallowing problem. We utilize clinical evaluation as well as highly specialized diagnostics, including modified barium swallow studies. This test requires no preparation. Patients swallow small amounts of barium while we assess the swallow in radiology. This

CALL



## MGH Rehabilitation Hospital

For more information on rehab services available, please call **765-660-6360**.