

## **DYSPHAGIA**

Difficulty in swallowing solids or liquids is called dysphagia.

### **CAUSES**

- 1) Enlarged tonsils.
- 2) Cancer of the oral cavity.
- 3) Fungal infection of the mouth.
- 4) Cerebro-vascular accidents.
- 5) Motor neuron disease [a nerve disorder].
- 6) Myasthenia gravis [fatigue and exhaustion of the muscular system with progressive muscular paralysis].
- 7) Parkinsonism [a group of neurological disorder marked by diminished motor activity, tremor and muscular rigidity].
- 8) Pharyngo-esophageal diverticulum [pouch/sac].
- 9) Pharyngeal pouch.
- 10) Post-cricoid web.
- 11) Achalasia [failure of the sphincter at the junction of the esophagus and the stomach, to relax].
- 12) Diffuse esophageal spasm.
- 13) Abnormal course of subclavian artery.
- 14) Oesophagitis.
- 15) Peptic stricture.
- 16) External compression from mediastinal masses.
- 17) Dilated left atrium [chamber of heart] in mitral stenosis.

### **SIGN AND SYMPTOMS**

- 1) Difficulty in swallowing solids or liquids or both.
- 2) Nasal regurgitation or cough, while swallowing.
- 3) Difficulty in swallowing when watched by others [in Parkinsonism].
- 4) Sensation of fullness in the middle of the chest with a feeling as if the food had stopped somewhere along the oesophagus.
- 5) Regurgitation relieves pain and fullness in the centre of the chest.
- 6) Cough.
- 7) Need to drink water while eating.
- 8) Can lead to malnutrition.

### **DIETARY MANAGEMENT**

- 1) Treat the cause.
- 2) Eat soft, semisolid or mashed food, which is easy to swallow.
- 3) Consume soups - vegetable, tomatoes, and green leafy vegetables etc.
- 4) Have fruits juices, sugarcane juice, buttermilk, and milk.
- 5) Make different porridge- wheat porridge, rice porridge or lentil porridge etc.
- 6) Boil food properly and then mash it so it's easy to swallow.
- 7) Try to make different varieties so all nutrients are consumed to prevent malnutrition.
- 8) Eat small quantities of food at regular intervals.
- 9) In severe cases where food is supplied to the body through food pipe, feed different varieties of soups, porridge and juices.

### **NOTE**

- 1) Do not speak while eating.
- 2) Eat your food very slowly.
- 3) Chew the food well.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PROBLEMS YOU HAVE. THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**

