Dysphagia is a swallowing disorder that affects any of the four stages of swallowing: oral preparatory, oral, pharyngeal or esophageal. Dysphagia is a symptom or consequence of an underlying disease, and is associated with many different disease processes.

<table>
<thead>
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<th>Stage of Swallowing</th>
<th>Swallowing Difficulty</th>
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| Oral Preparatory/Oral Stage | • Difficulty managing saliva  
|                         | • Difficulty chewing/Fatigue with chewing  
|                         | • Food/Liquid spilling out through the lips  
|                         | • Drooling  
|                         | • Difficulty controlling food/liquid in the mouth  
|                         | • Difficulty pushing the food/liquid to the back of the mouth  
|                         | • Residue in the mouth and cheeks |
| Pharyngeal Stage        | • Food “sticking” in the throat  
|                         | • Food/liquid coming out of the nose  
|                         | • Coughing, throat clearing, choking during meal time  
|                         | • Shortness of breath and fatigue during meal time  
|                         | • Reduced cough strength and effectiveness |
| Esophageal Stage        | • Regurgitation of food/liquid into the throat and mouth  
|                         | • Food “sticking” at the level of the chest |

- Swallowing is a complex process that involves 26 muscles and 5 cranial nerves working together to move food from your mouth to the stomach.

- The modified barium swallow study (MBS) creates a video of you swallowing using x-rays. The goal of the MBS is to examine your swallowing abilities and identify swallowing strategies that may be helpful.

- An important goal while we are eating and drinking is to make sure we are keeping our swallowing as safe and efficient as possible.

- Using different strategies, postures or dietary changes may help avoid food and liquids entering your airway or “going down the wrong pipe” at mealtimes.