

# Swallowing Difficulties

## Everything You Need To Know

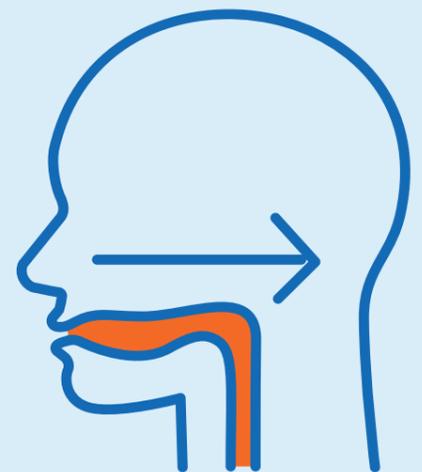


### What is a Speech Pathologist?

A Speech Pathologist is an expert in swallowing and communication difficulties. We have Speech Pathologists in the Northern Sydney Cancer Centre. They can help you eat and drink safely during and after treatment to the head and neck area.

### What are the signs of swallowing problems after treatment?

- Trouble with chewing food
- Food or drink getting stuck in your mouth or throat
- Coughing or choking episodes on food or drink
- Difficulty breathing when eating or drinking
- A wet gurgly voice when eating or drinking
- Unexplained chest infections



### When should you see a Speech Pathologist?

You can see a Speech Pathologist anytime during or after your treatment. You can find it hard to swallow years after treatment is finished. A Speech Pathologist can help you to swallow more easily.

### How do I get in touch?

- You may have seen a Speech Pathologist during your treatment. Ask to see them in the clinic, or call or email to get in contact with them.
- Ask your Oncologist
- Ask your Nurse



Scan the QR code to see how much your swallowing is impacting your life

Or, ask the administrative staff for a paper copy of the questions.