

Aspiration Risk Factors

Aspiration, when food or liquid enters the airway, can cause serious medical issues, including pneumonia. If you experience these symptoms or risk factors, then speak with your doctor as soon as possible.

- Dysphonia - “different” vocal quality
- Dysarthria - slurred speech caused by muscle weakness
- Abnormal cough
- Coughing and voice change after swallowing
- Needing help with feeding
- Needing help with oral care
- Resisting feeding
- Poor dentition
- History of smoking
- Feeling full very quickly
- Weight loss
- Taking extra effort/time to complete meals

DYSPHAGIA

- Dehydration
- History of respiratory infections/pneumonia
- Taking multiple swallows every bite or sip
- Tongue pumping
- Impulsive eating behaviors
- Recurrent sore throat
- Chest congestion
- Shortness of breath
- High grade temperature

From UC San Diego School of Medicine (2006)