



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

Dysphagia After Stroke Discussion Guide

Dysphagia is the difficulty swallowing saliva, foods or drinks. This is a common and often undiagnosed condition affecting how a person eats, drinks and takes medication safely.

It's important for you and/or your caregiver to have an open discussion with your health care team to:



Learn signs and symptoms of dysphagia



Determine a treatment plan



Learn how to manage your dysphagia

You can use these questions to help have a productive conversation:

1. What is dysphagia and how common is it in people with stroke?
2. What symptoms am I experiencing?
3. Who can help me make diet modifications for easier swallowing?
4. What are some strategies to help with dysphagia?
5. What are the treatment options for dysphagia?
6. What's important for me to tell my doctor to accurately diagnose dysphagia?
7. Will my dysphagia get better?

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