

DYSPHAGIA EARLY DETECTION INITIATIVE
My Swallowing Score Over Time

One score is a snapshot. A series of scores is an early-warning system.

- **Take the EAT-10** at diagnosis, at every neurology or rheumatology follow-up, and any time swallowing feels different.
- **Write the date and total score below** — add a note about flares, medication changes, or new symptoms.
- **Bring this log to every appointment** if you notice a change in your score

Date	My EAT-10 Score	What's changed (symptoms, flares, medications)	Shared with

When to act:

If your score reaches 3 or higher, contact your SLP or ask your doctor for a referral. Don't wait for your next scheduled appointment.

Educational content developed for the Dysphagia Early Detection Initiative by
Meaghan Arnold & SSNR for Myositis Support and Understanding

This handout does not replace individualized evaluation by a speech-language pathologist or your medical team.

Myositis Support and Understanding