

Dysphagia Early Detection Initiative

What is dysphagia?

Medical term for difficulty swallowing. Difficulty moving food from the mouth to the esophagus safely and efficiently



Why Early Detection Matters

- Prevent serious complications like pneumonia and unintentional weight loss
- Leads to early intervention and care
- Empowers you to take control of your health

You Are Not Alone

Dysphagia can be challenging, but support, resources, and care are available. The MSU D.E.D.I is here to help raise awareness, educate the myositis community, and connect you with trusted information

What can you do?

- Pay attention to changes in your swallow
- Talk to your healthcare providers
- Ask for a referral for an SLP
- Stay informed



Common Signs and Symptoms

Everyone's experience is different. Watch for changes such as:



Coughing or choking during meals



Feeling like food is getting stuck in your throat



Frequent throat clearing



Changes in your voice (wet or gurgly sounding)



Taking longer to eat



Avoiding certain foods or textures



Unexplained weight loss or dehydration



Learn more

<https://understandingmyositis.org/dysphagia-early-detection-initiative/>
Handouts - resources - tools - support.

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