

SWALLOWING DISORDERS



Because swallowing disorders vary in the degree of severity, experts create a personal treatment plan for each patient.

The goals of swallowing rehabilitation are to:

- ❖ Restore oral feeding to a level that is as normal as possible.
- ❖ Improve swallowing safety.
- ❖ Increase swallowing efficiency.

After you have a detailed swallow evaluation, you will see a speech-language pathologist who specializes in treating swallowing problems.

Patient will be evaluated by the doctor by :

- ❖ Endoscopy
- ❖ Functional assessment of swallowing (FEES)
- ❖ Radiology

Treatment

Appropriate treatment which would include surgical, rehabilitation of swallowing with exercises will be advised by the specialists for improvement of the symptoms and improve the quality of life of the patient.

Surgical Treatments for Swallowing Disorders

Surgery is a last resort reserved for people who do not respond to swallowing rehab. Swallowing disorders experts at Columbia asia whitefield customize surgical procedures to each patient's needs.

The main goal of surgery is to improve your existing swallowing function as much as possible.

The types of surgeries we perform at the Center include:

- ❖ Medialization of the vocal cord
- ❖ Pharyngoesophageal dilation
- ❖ Cricopharyngeal myotomy
- ❖ Surgery for Zenker's diverticulum
- ❖ Palatopexy
- ❖ Laryngo-tracheal separation

Swallowing rehabilitation treatment plan may include:

- ❖ Oral motor exercises
- ❖ Swallowing maneuvers
- ❖ Neck and body posture techniques
- ❖ Diet changes
- ❖ Nutrition counselling
- ❖ Voice strengthening exercises

To make an appointment or learn more about treatment, Consult an Ear Nose Throat Specialist of Columbia Asia Hospital - Whitefield.