

## *Dysphagia and Reflux*

## Keeping track of patterns

Sometimes things happen from time to time and we don't notice patterns until we start writing them down. Use this space to collect information about events related to eating and digestion. Remember, just because you have an occasional problem with heartburn does not mean that you have dysphagia. Occasionally, everyone has heartburn, or difficulty digesting a certain food. But keeping records can help you and your doctor to see patterns early.

## Tracking unusual events related to eating, swallowing, and digestion

[illegible]

DateEventCircumstance

### Outcome/Treatment