

# TOP 10 TIPS TO HELP WITH:

## CHEWING AND SWALLOWING



### 1 UPRIGHT

Try to sit as upright as possible when eating or drinking



### 2 TILT

Tilt your head slightly forward and tuck your chin when you swallow



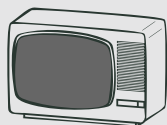
### 3 FOCUS

Stay focussed when you are eating or drinking, concentrate on chewing, actively swallowing and clearing food from your mouth



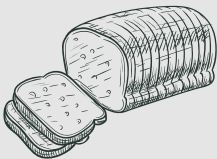
### 4 TALKING

Don't talk with food in your mouth, swallow and then talk



### 5 DISTRACTIONS

Try to reduce distractions when you are eating or drinking, like watching TV or reading the newspaper

**6****SMALLER PIECES**

Cut food into small pieces or take small mouthfuls, this makes it less tiring with the repetitive movement required to chew your food properly

**7****SWALLOW**

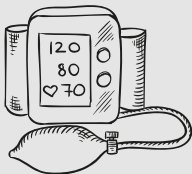
You might need to swallow two or three times per bite of food or per drink of water

**8****CLEAR**

If food or liquid catches in your throat, cough gently or clear your throat, then swallow again before you take a breath, repeat this as needed

**9****THICKEN**

If fluids make you cough or you feel like you inhale liquid, think about using products to thicken the fluid

**10****BLOOD PRESSURE**

Stay seated or standing for 15-20 minutes after you eat because eating can cause a drop in blood pressure which could cause you to fall

For more information about chewing and swallowing visit:

[www.africaparkinsons.org](http://www.africaparkinsons.org)

OR

[www.facebook.com/parkinsonsafrica](https://www.facebook.com/parkinsonsafrica)

