



What is Dysphagia?

Dysphagia is another word for a swallowing disorder. A person with dysphagia may have difficulty swallowing food, liquid and/or saliva. Dysphagia occurs when there is a problem with any part of the swallowing process.

How can Speech-Language Pathologists (S-LPs) in the Dysphagia Clinic help you?

Our S-LPs will work with you to help you manage your swallowing concerns. We offer in-person, virtual and telephone visits.

To be eligible for this publicly funded service, you must be:

- 18 years of age or older
- Having swallowing difficulties
- Referred by a doctor
- Medically stable
- Living in the Durham Region
- Able to tolerate appointments (90 min.)
- Able to arrange own transportation to and from appointments

Where is the Dysphagia Clinic located?

Lakeridge Health Whitby
300 Gordon St., Whitby, ON, L1N 5T2
Tel: 905-668-6831 Ext. 21463

1. Parking is available in Parking Lot D
2. Enter the small white building (with ramp & elevator access) next to Parking Lot D
3. The waiting area is just inside the main entrance
4. Parking is paid upon exit (cash/credit)



What are common symptoms of dysphagia?

- Feeling of food sticking in throat
- Difficulty starting the swallow
- Choking episodes
- Coughing or gurgly voice during meals

If not treated, dysphagia can lead to breathing or lung problems, pneumonia caused by food or liquid going into the lungs, dehydration, and weight loss/malnutrition.

What can you expect at your first appointment?

- The S-LP will ask about your swallowing difficulty and medical history
- The muscles in your face and neck will be examined
- You will be observed eating and drinking various food and drink items
- Recommendations will be provided to you verbally and/or in writing
- Follow-up appointments will be discussed with you at the end of your appointment
- A copy of the S-LP report will be provided to your doctor