

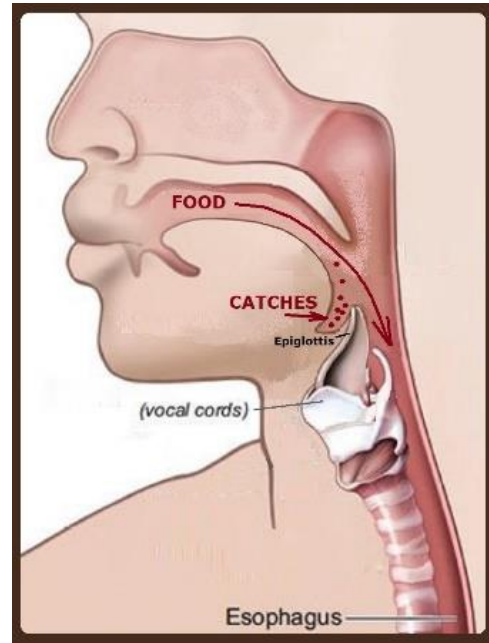
Vern's EVERYDAY SWALLOWING

I have NO saliva SUPPLY in my lower jaw. Those glands were killed with radiation while stopping my Lymphoma back in 1997.

My throat is very dry – ALL the time. COOL BERRY Menthol lozenges & DARK CHOCALATE chips, keep my throat moist these days. I must remember to keep them handy.

For years, I have had food catch in my throat, where I cough it up to get it out.

A better way to get unwanted food from behind that little flap behind my tongue; must be used.

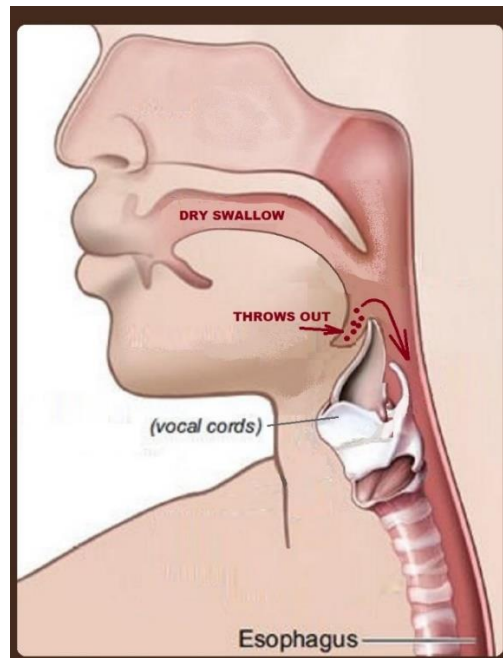


On February 5th, a Speech-Language Pathologists gave me a swallowing test.

The most important suggestion she gave me was,

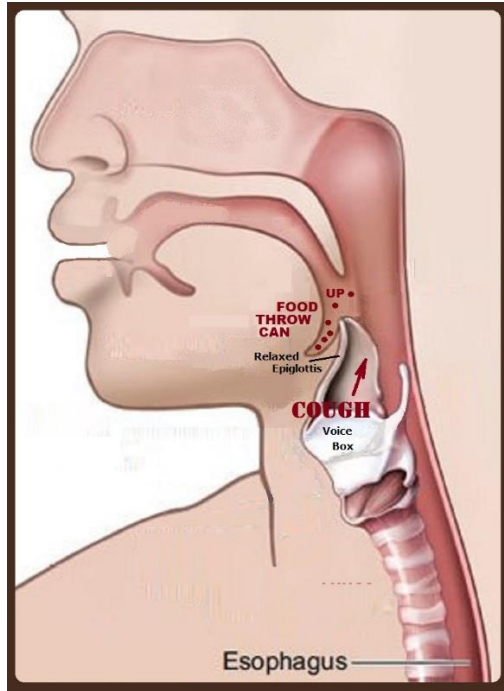
**After each intake
Of food,
Or liquid,
TAKE A DRY
SWALLOW.**

It actually works!



My telling the doctor about food behind a little flap, has meant, I have trouble swallowing. He could not find any evidence that food was being caught in my mouth. I also complained to him that heavy spit/vomit was coming out of mouth. He said that must be annoying.

Actually, the spit/vomit problem is a digestive problem.



The doctors are concerned about my COUGHING out the food.

That can leave germs flowing around to be sucked back into my lungs, promoting pneumonia.

**I HAVE STOPPED
Doing this. 😊**

The swallow test showed for sure, there is a pocket in my throat between my tongue and the epiglottis. It was real cool watching the black & white x-ray image, display stuff flowing down through my body.

AFTER: the, Do a couple DRY SWALLOWS after 2-3 bits/sips.

The SLP also gave me these Recommendations:

Take one small sip or bite at a time.

Alternate food and liquids.

Clear throat between after oral intake.

Sit upright for 30 minutes after oral intake.

She wanted me to take lessons with her ideas but refused, because I understand what to do.

The SLP also suggested, in taking medication; Drink water before you swallow to lubricate the throat, then take the pill with water, and keep drinking after you've swallowed to make sure it goes down all the way to the stomach.

This is especially important as you age because saliva production often goes down when people get older.

Eat, drink and be merry. And thank your epiglottis, the marvelous flap of cartilage in your throat that makes the first two acts possible. Make that all three: If you couldn't eat or drink, you wouldn't be very merry.

The epiglottis closes off the windpipe when you swallow. Without it, solids and liquids would fall into the windpipe and end up in the lungs. Messy, uncomfortable and dangerous. If you've ever aspirated a bit of food or water, you'll know how unpleasant the experience can be, at best. At worst, it's life-threatening, directly through choking or indirectly through infection of the lungs.

Attached to the back of the tongue, the epiglottis normally folds upward, allowing air to pass into the lungs. But when you swallow, it drops down to cover the larynx, or voice box, and the airway below. *A quote from the web.*

Vern Bouwman Age 85, Bothell, Washington