

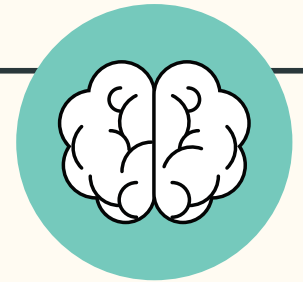
# EATING, SWALLOWING AND PARKINSON'S DISEASE



Changes in speaking, chewing, controlling saliva and swallowing are common in Parkinson's disease (PD). These changes can affect important parts of life, such as the ability to eat, and people with PD can feel embarrassed about eating in front of other people. PD can affect the muscles in your jaw, face and tongue, making it harder to chew and swallow. You might notice yourself drooling or choking on food. Choking is dangerous, but there are ways to help you swallow and eat safely.

## SYMPTOMS TO LOOK OUT FOR

- drooling
- can't clear food from the mouth
- a gurgly voice
- coughing when eating/drinking
- choking on food/liquid/saliva
- problems swallowing medication
- pain when swallowing
- discomfort in chest/throat



These can lead to long-term problems:

- not eating/drinking enough – malnutrition/dehydration
- loss of appetite
- being unable to eat certain foods
- heartburn/reflux
- chest infection caused by food entering lungs
- food blocking airways



# TIPS TO HELP YOU EAT AND DRINK

- Make sure you sit upright in a chair when eating or drinking, not slouched on the sofa
- Before swallowing, lower your chin towards your chest so the food doesn't go into your lungs
- Do exercises to strengthen your lips, tongue and throat muscles
- Change your diet to make it easier and safer to swallow food/drink – eat more moist or soft foods
- Slow down when you are eating, take time to swallow and swallow deliberately
- Take small mouthfuls, don't put too much food in your mouth
- Make sure you have cleared your mouth before taking another mouthful
- Reduce distractions when eating, like the TV or radio
- Refill your cup when it is half empty so you don't need to tilt your head back to drink
- Drink cold liquids before eating to help you swallow



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



Created by Natasha Fothergill-Misbah



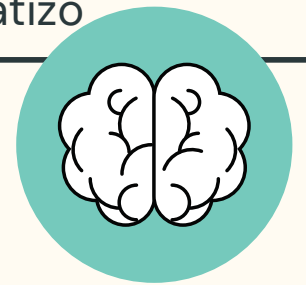
# KULA, KUMEZA NA UGONJWA WA PARKINSON



Mabadiliko katika kuzungumza, kutafuna, kudhibiti mate na kumeza ni kawaida katika ugonjwa wa parkinson (PD). Mabadiliko haya yanaweza kuathiri sehemu muhimu za maisha, kama uwezo kwa kula, na watu wanaweza kusikia aibu juu ya kula mbele ya watu wengine. PD unaweza kuathiri misuli kwenye taya, uso na ulimi yako, ambayo inafanya iwe ngumu kutafuna na kumeza. Unaweza kugundua kuwa unamwaga mate mengi au unanyongwa na chakula. Kunyongwa na chakula ni hatari, lakini kuna njia za kukusaidia kumeza na kula bila matatizo

## DALILI ZA KUTAFUTA

- kutema tema mate
- kushindwa kumeza chakula
- kukohoa ukila au ukinywa
- kunyongwa na chakula, majimaji au mate
- shida kumeza dawa
- maumivu wakati wa kumeza
- usumbufu kwenye kifua au koo



Dalili hii zinaweza kusababisha shida sugu kama:

- kutokula au kunywa vya kutosha – utapiamlo au upungufu wa maji mwilini
- kupoteza hamu ya kula
- kutokuwa na uwezo wa kula vyakula fulani
- kiungulia
- maambukizo ya kifua yanayosababishwa na chakula kuingia mapafu
- njia za hewa kuzuiwa na chakula



# NJIA ZA KUKUSAIDIA KULA NA KUNYWA

- Hakikisha umeketi wima unapokula au unapokunywa
- Kabla hujameza, teremsha kidevu chako kuelekea kifuani ili chakula kisiingie katika mpafu yako
- Fanya mazoezi ya kuimarisha midomo na ulimi yako na misuli yako ya koo
- Badilisha chakula chako ili iwe rahisi na salama kumeza chakula na kinywaji – kula vyakula vyenye unyevu zaidi au vyakula laini
- Punguza mwendo wa kula, chukua muda wako kumeza kimakusudi
- Weka viwango vidogo vya chakula mdomoni
- Hakikisha umemeza chakula chote kinywani kabla ya kuongeza
- Punguza vitu vinavyoondoa mawazo yako kutoka kwa harakati zako za kula kama vila runinga au redio
- Jaza kikombe chako tena kinapofika nusu ili usihitajike kukunja shingo yako unapokunywa
- Kunywa maji baridi kabla ya kula ili yakusaidie kumeza



Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson

Nairobi: 0722722090

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Kisumu: 0710884431

Kwa habari zaidi angalia:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

AMA

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



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