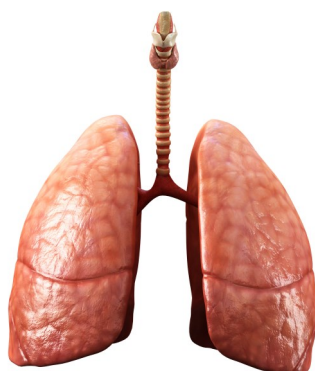


# Aspiration Pneumonia

Do you cough when you're eating and drinking?



If you have lots of chest infections, this may be caused by aspiration.

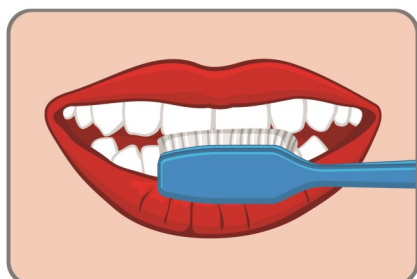


Aspiration is when food or drink enters the lungs rather than the stomach. This may happen more if you have difficulty swallowing food or drink.

Sometimes, there are no signs that food or drink has entered the lungs e.g. no coughing. This is called silent aspiration.



If you get lots of chest infections or have swallowing difficulties ask for a referral to Speech and Language Therapy for an assessment.



Remember to look after your teeth, mouth and gums; as germs from the mouth can enter the lungs and cause infection.

# Aspiration Pneumonia

Do you cough when you're eating and drinking?



**Did you know you can have a  
free health check up every  
year?**

Ask your doctor for a check up.



**Do you have Down's Syndrome  
and aged 30 or over?**

The Community Learning Disability  
Team are offering dementia  
screens.

Call our team!



**Contact the Learning Disability Team**

**Phone:** 0300 1234 195

**Email:** [kentchft.lidsref@nhs.net](mailto:kentchft.lidsref@nhs.net)

**Website:** [www.kentcht.uk/LD](http://www.kentcht.uk/LD)

**( we care )**