

TROUBLE SWALLOWING PATHFINDER






Resources for Patients, Family Members, & Care Partners

Pathfinders are quick access guides to credible health information. The healthcare team at Grand River Regional Cancer Centre has approved these resources.

Find out more by clicking on the blue text or scanning a QR code with your cellphone camera.



Websites

Links to key websites for more information about trouble swallowing (dysphagia).

<p>Cook For Your Life - Easy to Swallow Recipes - Fred Hutch Cancer Centre Search function to find easy to swallow recipes online.</p>	
<p>EAT-10 Swallowing Assessment Tool - Nestle Health Sciences A survey that you can fill out to help screen for swallowing problems.</p>	
<p>Mouth and Throat Problems: Cancer Treatment Side Effects - National Cancer Institute Detailed overview of dysphagia and the types of dysphagia you might experience.</p>	
<p>Supportive Care Team - Waterloo Wellington Regional Cancer Program Outlining the role of Registered Dietitians, Speech Language Pathologists and Registered Social Workers.</p>	
<p>Swallowing Problems - Canadian Cancer Society Overview of the causes, symptoms, diagnosis and management of dysphagia.</p>	

Print-Friendly Online Resources

All of the links below will lead you to printer-friendly, online handouts. If you don't have a printer, visit or email the J. Wesley Graham Patient & Family Resource Centre to get a free copy.

 Coping with Trouble Swallowing - Waterloo Wellington Regional Cancer Centre In-depth overview of trouble swallowing and key information about when to contact your healthcare team.	
Easy to Chew Easy to Swallow Food Ideas - BC Cancer Agency Booklet that goes over soft, extra-soft and liquid food ideas.	
Easy to Chew Foods For People With Dysphagia - University Health Network Booklet that goes through how to prepare easy to chew/thickened foods.	
Nourishing Liquids: Smoothies and Blended Drinks - BC Cancer Agency High-calorie, high-protein liquid meal and snack ideas. Learn how to thin or thicken liquids.	



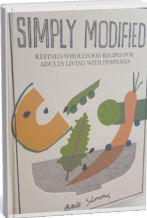



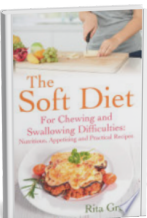

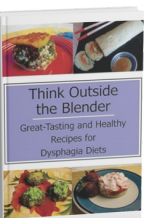

J. Wesley Graham Patient & Family Resource Centre

Volunteers can help you find more information about your cancer, symptoms, or care. They can print or email resources. Find the resource centre on the 3rd floor (main floor) of Grand River Regional Cancer Centre.


info@jwesleygrahamrc.ca
519-749-4380 x2080

Books


Use the legend at the bottom of this page to see where a book can be found.

	<p>Modern Dysphagia Cooking: Turn Family Favourites into Dysphagia-Friendly Dishes Laurie Berger MBA RD LD, Paul Haefner, John Holahan BS MBA, Nancy A. Yezzi RDN LD; 2023 A cookbook focusing on nutrition, presentation, and flavor. Follows the diet levels of the International Dysphagia Diet Standardisation Initiative.</p>	
	<p>Simply Modified Cookbook Brie Simons, Speech Pathologist; 2024 Mouthwatering dishes tailored to meet the unique needs of people who have trouble swallowing.</p>	
	<p>Soft Foods for Easier Eating Cookbook Sandra Woodruff & Lead Gilbert-Henderson; 2009 Recipe book that teaches you how to change recipes for soft and smooth textures.</p>	
	<p>The Soft Diet for Chewing and Swallowing Difficulties: Nutritious, Appetizing and Practical Recipes Rita Greer; 2016 Offers a range of soft recipes for everyday meals and special occasions.</p>	
	<p>Think Outside the Blender Maria Quici; 2014 Recipes created by a speech-language pathologist with over 20 years experience working with adults with dysphagia.</p>	


LEGEND


Buy Online


Kitchener Public Library





J. Wesley Graham Resource Centre


Audiobook


Free Electronic Book








Support Programs & Group Classes

In-person or online support groups/classes that help you connect to others with similar experience.

<p>Dysphagia Support Group - Aging Swallow Research Lab (McMaster University) A free, monthly, virtual support group for people with swallowing trouble and their care partners.</p>	
<p>CancerConnection - Canadian Cancer Society A safe, online, peer support community for people with cancer to connect, learn, and share experiences. Care partners welcome.</p>	
<p>National Foundation of Swallowing Disorders - Facebook Support Group This is an adult swallowing disorders online support group available to: patients, family members, caregivers, and friends.</p>	

Social Media

Find more information by adding credible organizations to your social media circle.

<p>Dysphagia Outreach Project @Dysphagiaoutreachproject</p>	 	 
<p>International Dysphagia Diet Standardization Initiative @iddsi</p>		
<p>National Foundation of Swallowing Disorders</p>		<p>Not Available</p>

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.



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cancerwaterloowellington.ca

