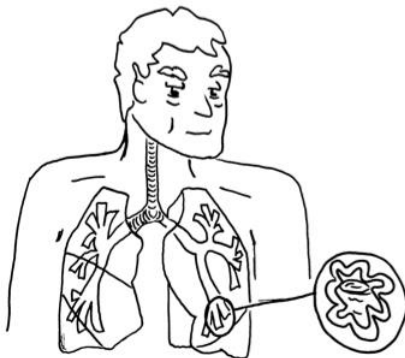


# Resultados del Tragar

Usted tiene problemas tragando **comida**.



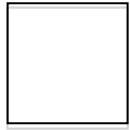
Usted tiene problemas tragando **líquidos**.



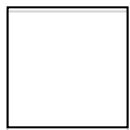
**Problemas** del tragar pueden **causar neumonía**.

La **meta** es tragar **sin peligro**.

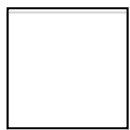
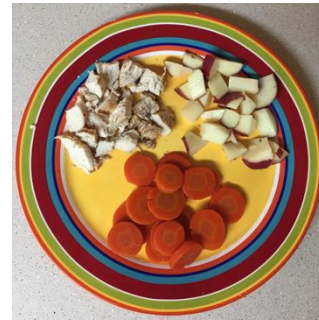
# Qué hay para Comer?



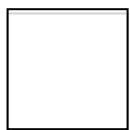
Sólidos regulares



Avanzado (suave)



Mecánico-ajustado



Puré



# Qué hay para beber?

Líquidos delgados



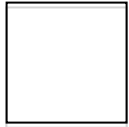
Líquidos de  
consistente néctar



Líquidos de  
consistente miel

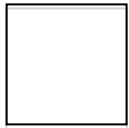
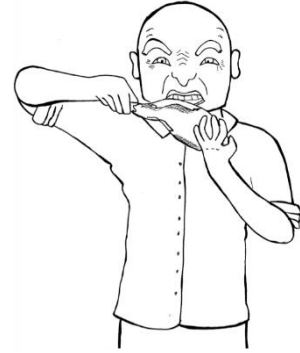


No 



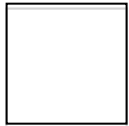
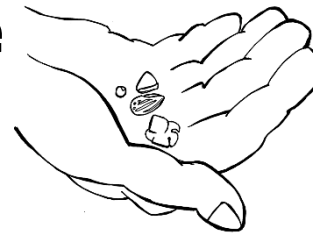
Coma comida **gomosa**.

(Ejemplos: caramelos, carne dura)



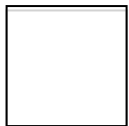
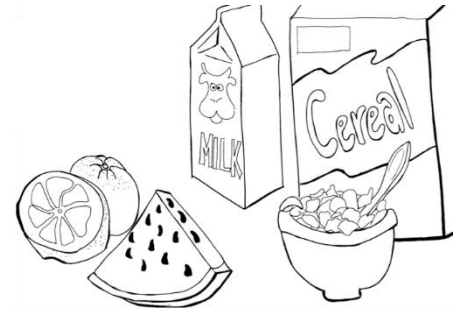
Coma alimentos **tamaño de un chícharo**.

(Ejemplos: arroz, semillas, guisantes, maíz)

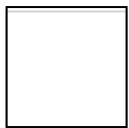


Coma **comida mezclada**.

(Ejemplos: sandía, cereal/leche)



Coma y tome **al mismo tiempo**.



Coma cuando está **cansado**



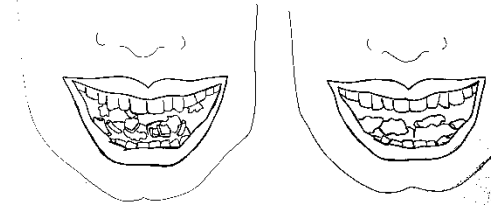
**Sí**



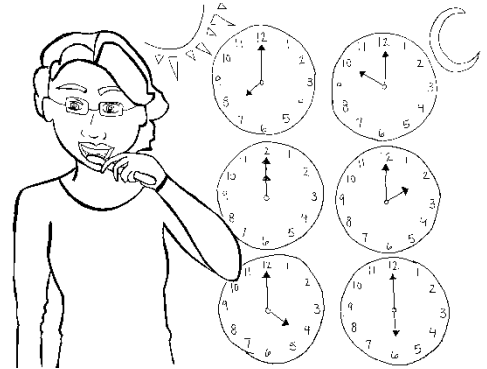
Coma y tome **despacio**.



**Mastique** su comida **bien**.



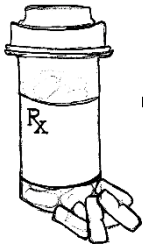
**Cepille** sus dientes  
**5-6 veces** al día.



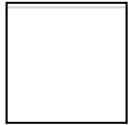
**Siéntese en  
posición vertical**  
durante las comidas.



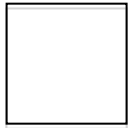
Quizás desee ver \_\_\_\_\_.



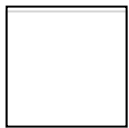
# Tomando Medicina



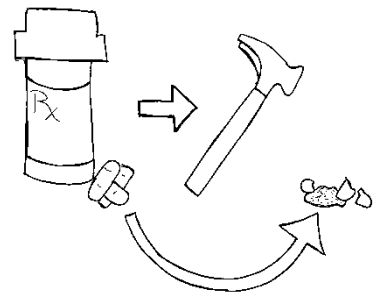
Trague sus **pastillas** con **agua**.



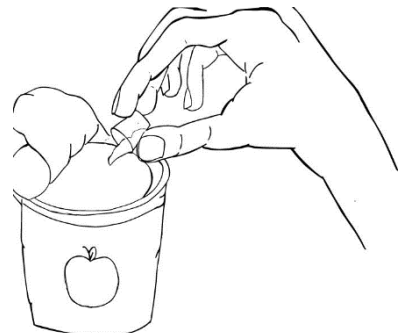
Trague **1 pastilla** cada vez.



**Muela** sus **pastillas**.



Trague sus **pastillas** en **puré de manzana**.



# Consejos Útiles

Dirija su barbilla hacia **abajo**.



Gire la cabeza a la **izquierda**.



Gire la cabeza a la **derecha**.



Trague **fuerte**.



Tome **1 bocado**, luego **1 sorbo**.

