

AGING EFFECTS ON SWALLOWING: A LITERATURE REVIEW

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ABSTRACT

Swallowing disorders can occur to anyone, in different ages from young to elderly populations. However, the elderly population has a greater risk of having swallowing difficulty rather than the younger population. This research reviewed the literature that covered anatomic and physiologic changes of swallowing ability in the elderly population and their risks of having swallowing disorders. Most of the research has been done on healthy elderly adults and findings showed that changes occurred in their swallowing mechanism. For example, reduced tongue strength and salivary flow. Although they had been categorized as healthy, they had a high tendency of having a swallowing disorder due to changes in their swallowing ability. It is important to see how these changes can affect the elderly population so that prevention can be taken by involved professionals. Hopefully, the best assessment and treatment can be given to them.

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