

SWALLOWING QUIZ

TRUE

FALSE

Humans swallow up to 300 times/day

Swallowing takes at least 20 muscles

1 in 6 adults report difficulty swallowing

A chin tuck usually helps with swallowing

Humans produce .5-1.5 liters of saliva daily

There are 4 phases of the swallow

Dysphagia can lead to dehydration

Aspiration is food sticking in the throat

People always cough when they aspirate

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