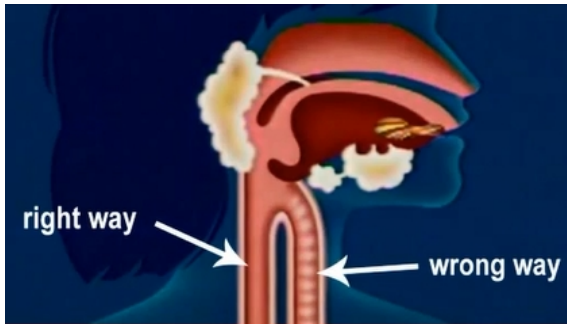


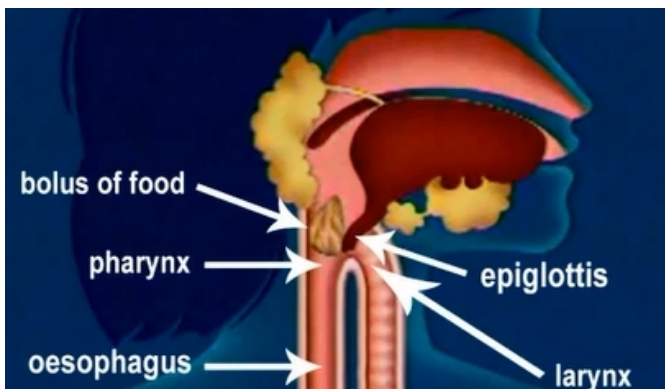
Food going down the wrong way

WHAT HAPPENS WHEN FOOD GOES DOWN THE WRONG WAY?

False passage of food means that we swallowed food that went the wrong way.



When we swallow, the **epiglottis** closes to block the entrance to the **larynx** and to send food towards the **pharynx** and then the **oesophagus**.



However, in some cases, liquids or food particles may end up in the airway, passing through the larynx, trachea and then the lungs.

WHAT ARE THE CAUSES?

Food going down the wrong way is sometimes the result of paralysis of the nerves that control the pharynx and larynx. It could also simply be because we took a breath at the wrong time.

Food going down the wrong way

Food going down the wrong way means that we have...

- poorly digested a foodstuff
- inhaled a foodstuff or a liquid
- swallowed a foodstuff or a liquid

Food can go down the wrong way no matter how old you are.

- False
- True

When food or liquid goes down the wrong way, it travels through...

- the larynx
- the pharynx
- the oesophagus

Food going down the wrong way can lead to...

- choking
- vomiting
- stomach ache

If there is no pathological condition, food going down the wrong way may be due to breathing out of sync.

- False
- True

Elderly people are more likely to suffer from food going down the wrong way.

- True
- False

If food goes down the wrong way, the reflex is to cough, to protect the respiratory tract.

- False
- True

Answers

Food going down the wrong way means that we have...

poorly digested a foodstuff

Wrong! That is not the right answer.

inhaled a foodstuff or a liquid

Well done! This occurs when food enters your respiratory tract.

swallowed a foodstuff or a liquid

Wrong! If you swallow food, that means it has gone down the right way!

Food can go down the wrong way no matter how old you are.

False

Wrong! Try again!

True

Well done! This is true, but elderly people are more at risk.

When food or liquid goes down the wrong way, it travels through...

the larynx

Well done! This is the entrance to your respiratory tract.

the pharynx

Wrong! This is what normally happens when food travels down the correct pathway.

the oesophagus

Wrong! This is what normally happens when food travels down the correct pathway.

Food going down the wrong way can lead to...

choking

Well done! If food blocks air from getting through, we run the risk of choking.

vomiting

Wrong! Try again!

stomach ache

Wrong! Try again!

If there is no pathological condition, food going down the wrong way may be due to breathing out of sync.

False

Wrong! That's not the right answer.

True

Well done! That's right!

Elderly people are more likely to suffer from food going down the wrong way.

True

Well done! It is estimated that this disorder is common in 10 to 30% of elderly people.

False

Wrong! Try again!

If food goes down the wrong way, the reflex is to cough, to protect the respiratory tract.

False

Wrong! That's not the right answer.

True

Well done! In this example, your reflex would be to cough, which redirects the food or liquid to your digestive tract. However, this may not always be enough.