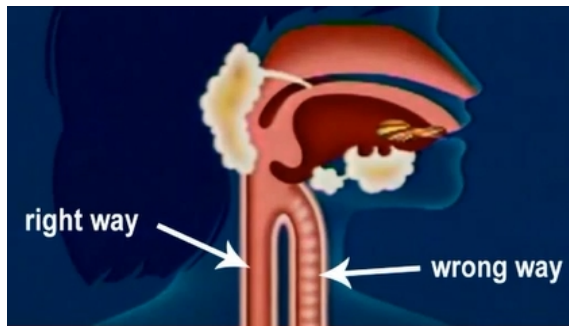


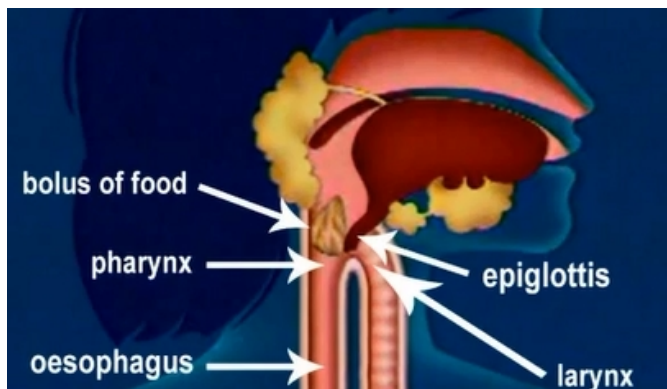
Food going down the wrong way

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

Which of the following does not cause food to go down the wrong way?

- A pathological condition
- Eating with your eyes closed
- Pure chance

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 frequently goes down the wrong way, this is not serious and does not affect health.

- 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.

Which of the following does not cause food to go down the wrong way?

- A pathological condition**
Wrong! An operation or nerve paralysis may cause food to go down the wrong way.
- Eating with your eyes closed**
Well done! That's right!
- Pure chance**
Wrong! Food can go down the wrong way if you happen to breathe out of sync.

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 frequently goes down the wrong way, this is not serious and does not affect health.

- True**
Wrong! On the contrary, we should be extremely vigilant.
- False**
Well done! Recurring incidents of food going down the wrong way may cause lung infections.

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.