

Swallowing Function Study



Based on a recent study on the swallowing function in persons living with Prader-Willi syndrome, PWSA (USA) has new information to share that may benefit all to hear, not just those with PWS. Dr. Roxann wanted to share a few safety tips based on the research to help families have healthy eating habits and to prevent choking.

“From what we are learning in our research and clinical PWS swallowing practice, liquids appear to clear the esophagus in many persons with PWS. We do not know if this is necessary for only foods that are chewable because smooth, puree food like pudding can also remain in the esophagus and build up as the meal continues. Most of our research subjects did not know that what they were eating had not “gone down,” yet because we used x-rays to see inside, we knew that the food remained. Drinking SIPS of liquids during a meal or snack (i.e. liquid washes) MIGHT clear the mouth and throat of any remaining, undetected residue. Taking additional saliva swallows may also be beneficial in clearing food residue.”

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