

A simple solution for swallowing difficulties

The ability to swallow is something that young people seldom think about. But for the elderly, it can be an issue. That's because aging can negatively impact one's ability to swallow. That in turn can threaten a person's ability to eat nutritious food, remain hydrated, and even take medications.

ARKRAY USA's Assure® Slide swallowing aid is a simple solution for those who have difficulty swallowing pills, capsules or tablets.

A condition among the elderly

Anatomical issues that can adversely affect swallowing – particularly among the elderly – include reduced tongue size and strength, reduced strength in the upper throat, reduced size and strength of the vocal cords, or a poor ability of the lower

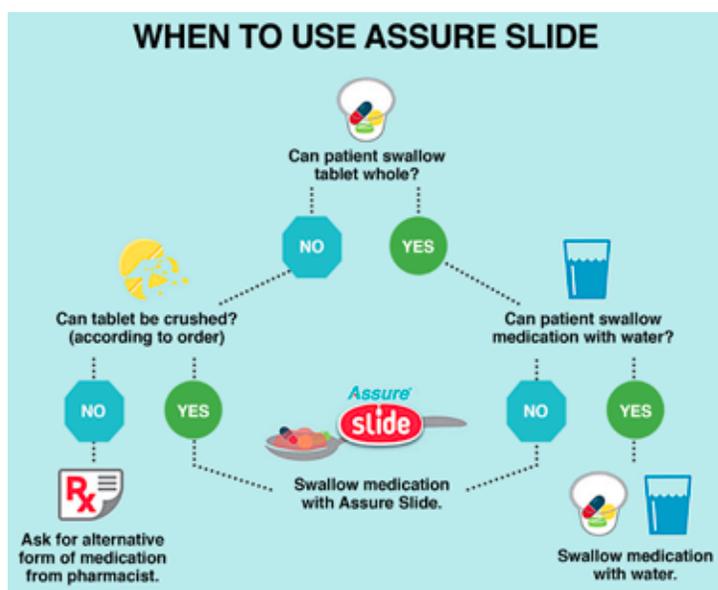
while for another, proper positioning of the head, chin and even shoulders, hips and knees is of paramount importance.

A simple solution

For residents with difficulty swallowing pills and capsules, caregivers often crush the medications and administer them in a liquid or soft food. But that's not always a suitable solution, says Richardson. Some pills or tablets can lose their effectiveness if crushed, and some are not intended to be mixed with others.

ARKRAY USA's Assure® Slide can simplify the way tablets, capsules and powders are administered. It works in four ways:

- The gel is thick and smooth to allow for easy swallowing of tablets and a smooth passing through the esophagus to the stomach.
- Assure Slide moistens the mucous membranes in the mouth and throat cavity, allowing the tablet, capsule or powders to pass smoothly through the esophagus.
- Assure Slide breaks down immediately in the stomach and does not affect the absorption rate of medication.
- The fresh flavor and aroma of Assure Slide may eliminate the unpleasant taste and smell of tablets, capsules and powders.



throat (esophagus) to move food into the stomach, according to the American Academy of Otolaryngology.

In the long-term-care setting, one finds all of these conditions and others, says long-term-care nutrition expert Brenda Richardson, MA, RDN, LD, CD, FAND.

One resident may have a tumor, or may suffer from a condition such as ALS, Bell's Palsy, multiple sclerosis or Parkinson's Disease, all of which can affect one's ability to swallow, she points out. Stroke can have an adverse effect as well. So can taking multiple medications, which can lead to dry mouth – and difficulty swallowing.

Dealing with these issues is a team effort, says Richardson. Staff may have to teach one resident how to eat more slowly,

"As a leader in the long-term care market, ARKRAY is always looking for innovative products to bring to our customers," says Richard Slouffman, vice president of the Professional Healthcare Division at ARKRAY USA. "Up to 33 percent of long-term care residents have some degree of swallowing difficulty for reasons such as fear of choking, dry mouth, or dysphagia.

"Assure Slide has been extremely well received in Europe and Australia by healthcare professionals who use it instead of food carriers, such as applesauce or pudding, to provide residents a more positive and comfortable experience when administering medication," he says. "This helps to ensure complete therapeutic benefit of the medication.

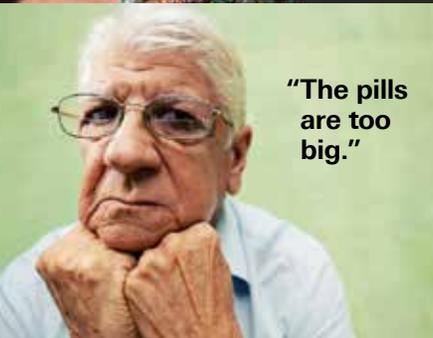
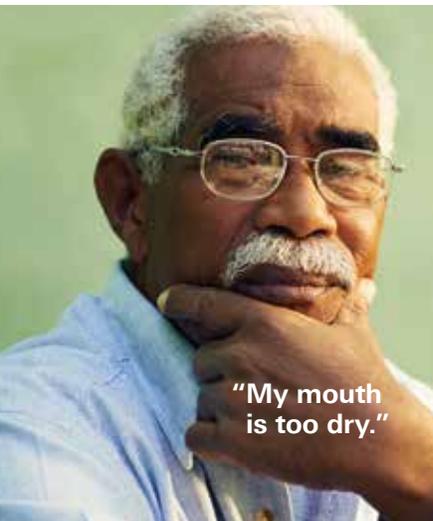
"Assure Slide has the potential to greatly improve clinical protocols when caring for people with swallowing issues by helping them maintain compliance with medication regimens." **TEC**

For more information on Assure Slide, visit our website at Assureslide.com, or call (800) 818.8877.

ASSURE[®] SLIDE

+ SWALLOWING AID

A simple solution for those who have difficulty swallowing



Assure Slide is a swallowing gel designed to help those with difficulty swallowing tablets, capsules and powders.

- + **Easy to access**
Store on the medical cart
- + **No food carrier needed**
No need to use a fruit sauce, yogurt or other carrier, to aid with swallowing
- + **Pleasant-tasting**
Raspberry or vanilla flavored
- + **Only a small amount is needed**
One teaspoon helps tablets glide down the esophagus
- + **No known effect on absorption**
Breaks down immediately in the stomach and does not affect absorption of medication
- + **Offered in two thicknesses**
 - Zero (moderately thick)
 - Forte (extremely thick)

For complete information, visit AssureSlide.com, contact your ARKRAY USA representative, or call 800.818.8877.

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