

**Taking Charge: Good Medical Care for the Elderly  
and How to Get It**

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**APPENDIX M**

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## Appendix M

### Risk Factors for Dysphagia

(Check all that apply)

#### Age

- Elderly > 65

#### Diseases or conditions

- Gastroesophageal reflux disease
- Neuromuscular disease, particularly Parkinson's disease
- Neurologic diseases, such as stroke, depression, and dementia.
- Hypo- or hyperthyroid diseases, such as Grave's disease
- Degenerative diseases, such as amyotrophic lateral sclerosis, Multiple sclerosis, Huntington's disease
- Cerebrovascular accidents

#### Medication-related side effects

- Doxycycline
- Tetracycline
- Trimethoprim-sulfamethoxazole
- Long-acting benzodiazepines
- Phenothiazines (Anti-epileptics)
- Tricyclic antidepressants
- Antihistamines
- Certain antihypertensives (alpha methyldopa, clonidine, and propranolol)
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Calcium antagonists
- Nitrates
- Ascorbic acid
- Potassium chloride tablets