Close-up of a person touching his neck

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For more information, please contact:

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 Who? Adults Age 65 to 100

 What? Swallowing Exercises

 How Long? Exercise sessions are conducted for 12 weeks, 2 x per week (~30 minutes each). The total study duration is 26 weeks

 Compensation? Yes

Do you find that as you age, it is getting more difficult to swallow? Does food sometimes feel like it is stuck in your throat?

Our lab studies methods for reversing and preventing age-related loss to swallowing function. The current study seeks to examine the changes in the swallowing muscles as a result of our exercise and protein supplementation.

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