

NUTRITION AND SWALLOWING CLINIC FOR PEOPLE WITH PARKINSON'S DISEASE



Do you have [Parkinson's Disease](#) and are concerned about your swallowing or nutritional status? Do you cough when eating or drinking or find food sticks in your throat? Are you concerned that you avoid some foods because they are difficult to swallow? Are you losing weight or are concerned that your nutrition needs have changed recently?

Swallowing difficulties and nutrition/hydration issues are common in people with Parkinson's Disease. Often changes occur slowly over time and it is not until the problem is severe that you notice them. However, spotting problems early and making simple changes to your lifestyle through the use of compensatory strategies can make significant improvements to your quality of life.

The University of Auckland Teaching Clinics offer free one-off assessments of swallowing and nutrition on [Wednesdays throughout semester time](#). You will receive a thorough clinical assessment of your swallowing and nutritional status by a specialist speech-language therapist and dietitian. Student speech-language therapists and dietitians are often in attendance.

After your assessment, you will be provided with information about keeping healthy with your eating and drinking, advice on swallowing medications safely and eating and drinking well. If regular speech-language therapy and/or dietician input is required, it will be arranged for you within the clinics or with your local District Health Board.

Make an appointment

To book a Wednesday appointment in semester time (March-May/ August-October) contact
Dr Anna Miles
Email - a.miles@auckland.ac.nz
Phone - 09 373 7599 extension 86649

Clinic address

The University of Auckland
Tamaki Campus
Ground floor - Building 730
Gate 1, 261 Morrin Road
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