

# Read & Watch: Lecture Summary



## **Prof. Dr. Sibel Eyigor.**

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## **Optimize (re)hydration while maintaining swallowing safety**

### **Speaker biography**

Prof Sibel Eyigor works as a medical doctor in the field of physical therapy and rehabilitation. She is the head of the dysphagia working group of the Turkish Physical Therapy and Rehabilitation Association. She is the head of the diagnosis and treatment laboratory of swallowing disorders at Ege University Faculty of Medicine.

She obtained her medical degree in the Ege University, Faculty of Medicine, and completed her residency program in Physical Therapy and Rehabilitation at the Ege University School of Medicine. She has been appointed as an Associate Professor in 2008 and a Professor in 2015 in the Department of Physical Therapy and Rehabilitation at Ege University Faculty of Medicine. She is also working in the Supportive Care Unit of the Oncology Department.

Her main research interests are dysphagia and rehabilitation, oncologic rehabilitation-lymphedema, and geriatric rehabilitation. She attended the graduate course in Normal and Disordered Swallowing at the University of Illinois at Urbana, Champaign during the spring semester of 2004. She spent extended hours observing instrumental evaluations and treatment of dysphagia at Northwestern University Medical Center in Chicago, Illinois. During this time, Prof Sibel Eyigor had the opportunity to work with Adrienne Perlman and Jeri A. Logemann. She was an observer in the Geriatric Rehabilitation program at the Toronto Rehabilitation Institute in 2007. Prof Sibel Eyigor completed International Training Programme in Medical Gerontology in Malta in 2009. She worked at the Ministry of Health National Cancer Advisory Board and was assigned to the palliative care committee. She attended the Flexible Endoscopic Evaluation of Swallowing (Hands-on) course at Wake Forest University in 2010, and also completed Swallowing Instrumentation Training in New Jersey. In 2010, she established the swallowing diagnosis and treatment laboratory at Ege University.

She is the author or co-author of numerous articles and book chapters in national and international indexed journals and also works as a reviewer for reputed professional journals. She is the editor of the first Turkish book on the diagnosis and treatment of dysphagia. She organized many courses to increase the awareness of dysphagia. She also made many presentations on the diagnosis and treatment of dysphagia for different health disciplines.

She is currently a Professor at the Ege University, Faculty of Medicine, Department of Physical Therapy and Rehabilitation in Izmir, TURKEY.

## Abstract

Although dysphagia is a common problem all over the world (20-60%), unfortunately, adequate diagnosis and treatment opportunities are not available. As a result, complications of dysphagia leading to prolonged hospitalization, aspiration pneumonia, malnutrition, dehydration, and death are encountered. Our topic here is hydration, which is a complex condition that is often overlooked. However, hydration/dehydration has been found to be associated with motor and cognitive skills, dependency, morbidity, and mortality.

Despite this, the relationship between dysphagia and hydration has been less studied than the relationship between dysphagia and nutrition. There is also insufficient data and evidence regarding dysphagia and hydration. Therefore, optimizing hydration in patients with dysphagia will not be an easy task. Perhaps one of the most important reasons for this is that there is no gold standard method for assessing hydration. In addition, hydration assessment is not frequently performed in our clinical practice.

In the treatment of dysphagia, it is necessary to provide both a safe and effective nutritional method. A common treatment strategy is the use of thickeners, as thin fluids are often aspirated. Thus, both aspiration is prevented and hydration is provided.

However, there are some controversial issues regarding the use of thickeners on hydration status. Our group found in a randomized clinical trial that the use of 'xanthan gum-based liquid thickener' helped maintain intracellular water, extracellular water, and body water (measured by bioimpedance (BIA)) in patients with maxillary carcinoma undergoing total maxillectomy. These results have also been shown in a large sample of patients (n=724) demonstrating the positive therapeutic effect of thickened fluid/thickening agent therapy on hydration status in patients with dysphagia.

Gaps and differences between the evidence-based management of dysphagia and clinical practice and questions about these issues will be reviewed and discussed.

## References

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