

Risk factors for developing aspiration pneumonia

These factors increase my risk	These factors decrease my risk
Someone else feeds me.	I feed myself.
Someone else cleans my mouth.	I clean my own mouth.
I don't brush my teeth or gums twice a day, or I have decayed teeth, or I have gingivitis or periodontal disease.	I maintain a clean and healthy mouth.
I spend most of my time sitting in a chair or lying in bed.	I move around easily and frequently during the day.
I have problems with my lungs.	My respiratory system is healthy.
I have a weak cough.	My cough reflex is strong.
I've previously had aspiration pneumonia.	I've never had aspiration pneumonia.
I have a serious illness.	I'm healthy with a strong immune system.
I have acid reflux (GERD or LPR) or esophageal dysmotility.	I don't have gastrointestinal disease.
I currently smoke.	I don't currently smoke.

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