

One touch

makes the difference



easy

fast

safe

NEW IN DYSPHAGIA



Instant smooth food & drink thickener
Now with plant-based ingredients

ThickenUP®
gel **express**

OROPHARYNGEAL DYSPHAGIA (OD)

Dysphagia is a symptom of many disorders that **impairs an individual's ability to swallow properly**¹. It can arise from structural, physiologic, or neurologic conditions such as stroke, head and neck cancer, dementia as well residents in aged care facilities and independent community dwelling older adults².

What are the **symptoms**?

Problematic⁴ symptoms include:

COUGHING



Coughing during or after swallowing

DROOLING



Impaired labial seal

CHOKING



Choking feeling during or after swallowing

WET VOICE



Wet voice after swallowing

FOOD LEAKAGE



Leakage of food from the nose

VOMITING FOOD



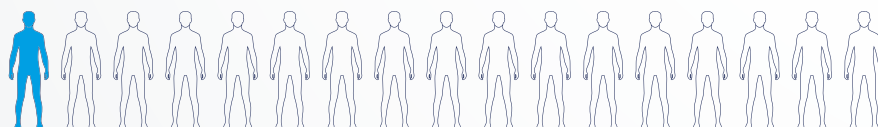
Vomiting of indigested food

Poorly controlled dysphagia is also associated with dangerous complications such as **malnutrition**, **severe dehydration**, and **fatal aspiration pneumonia**.

How common is **dysphagia**?

- **About 87% of people with dementia** over the age of 70 experience dysphagia⁵⁻⁷.
- **Between 29 and 64% of individuals who have had a stroke** are affected by dysphagia⁵⁻⁷.
- **60% of residents in aged care facilities** suffer from Dysphagia².

Due to the aging population, the number of people with dysphagia is expected to increase rapidly⁸.



**1 IN 17 PEOPLE WILL DEVELOP
DYSPHAGIA IN THEIR LIFETIME⁵**

**OF WHOM 80%-85%
WILL DEVELOP OD⁵**

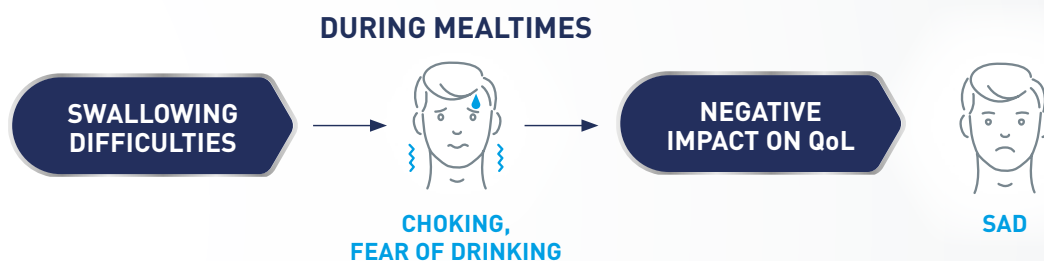
≡ Dysphagia is **burdensome** and **time-consuming**⁹:

For Caregivers and Healthcare Providers (HCPs):

- Preparing thickened beverages **is a time-consuming process**.
- **Costly complications divert time and resources** from other caregiver and HCP tasks¹⁰.

General Problems:

- **Caregivers and HCPs are tasked** with preparing a substantial number of thickened beverages throughout the day for people with dysphagia.
- This time-consuming process is compounded by the **preparation of different thickness levels in a wide variety of beverages** with diverse compositions
- Achieving a lump-free liquid with the **desired thickness can be difficult depending on the beverage** and thickener used.



The **clinical consequences result in aspiration pneumonia, dehydration, involuntary weight loss**² for individuals with dysphagia.

≡ How do **thickened liquids help**?

Increasing the viscosity of a liquid by making it thicker results in a **safer swallowing due to a lower incidence of aspiration and infiltration into the larynx**.

Nurses and caregivers **need simple solutions** to these problems, making them
EASY → FAST → SAFE



ThickenUP[®]

gel *express*

A NOVEL THICKENER THAT
OFFERS an:

NEW IN DYSPHAGIA

easy

- **Convenient preparation**, as the gel mixes into the beverages easily, simplifying dissolution¹².
- **Simple to use** and prepare in different settings thanks to the dispenser, making it cleaner (less messy) than powder-based thickeners.
- **Consistent dosing** in all types of beverages for all required levels (IDDSI levels 1-4).
- **More gel can be added to thickened beverages** to achieve a thicker texture if needed¹².

RECOMMENDED DOSAGE IDDSI FRAMEWORK



+



SLIGHTLY
THICK



MILDLY
THICK



MODERATELY
THICK



EXTREMELY
THICK



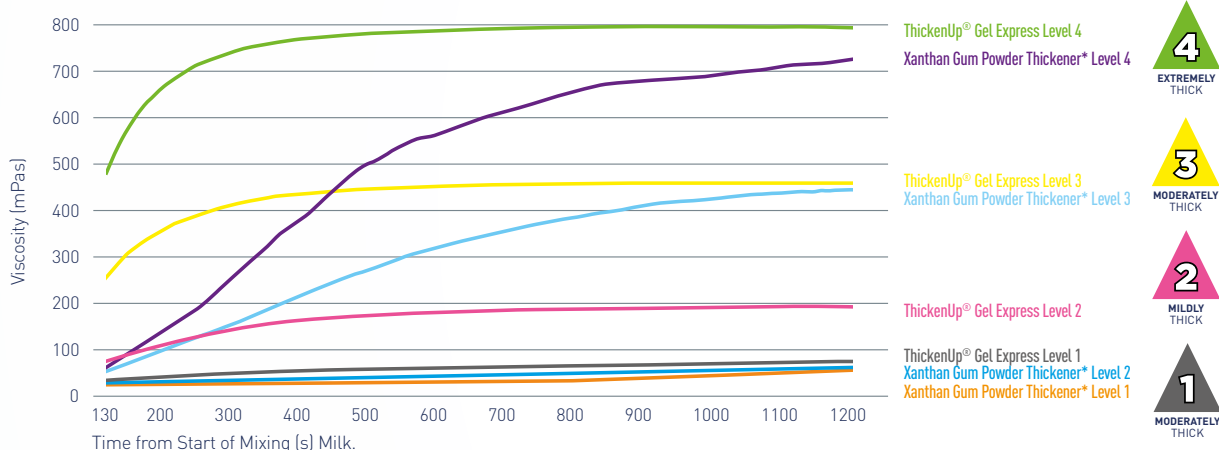
- Stir for 30 seconds.
- Allow at least 1 minute to reach desired consistency.

NEW IN DYSPHAGIA

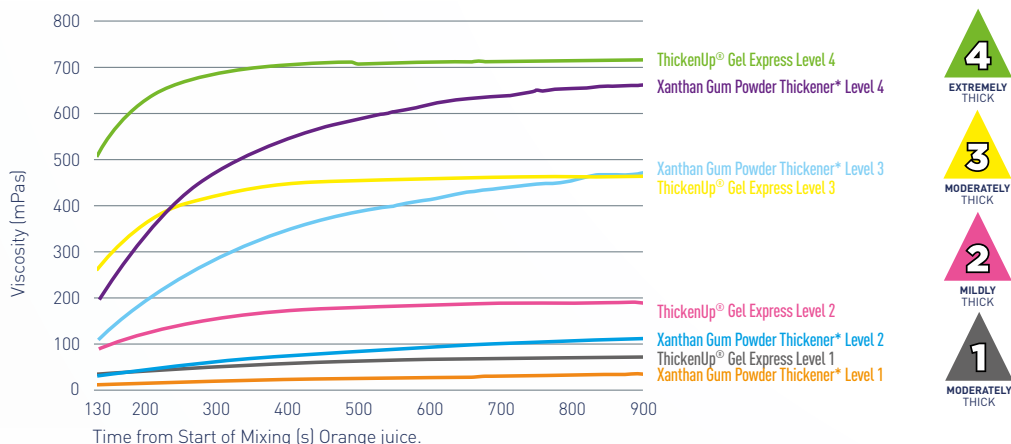
fast

- **Faster at reaching target viscosity** than powder-based thickeners¹².
- **Quick and accurate** dosing system eliminates the need to measure manually.
- **Rapidly achieves desired thickness** in previously challenging beverages such as cold milk, orange juice, hot coffee and/or oral nutritional supplements¹².

THICKENUP[®] GEL EXPRESS CAN REACH TARGET VISCOSITY 4X FASTER, AT LEVELS 3 AND 4, THAN POWDER-BASED THICKENERS* FOR COLD MILK¹².



THICKENUP[®] GEL EXPRESS CAN REACH TARGET VISCOSITY 2.5X FASTER, AT LEVELS 3 AND 4, THAN POWDER-BASED THICKENERS* FOR COLD ORANGE JUICE¹².

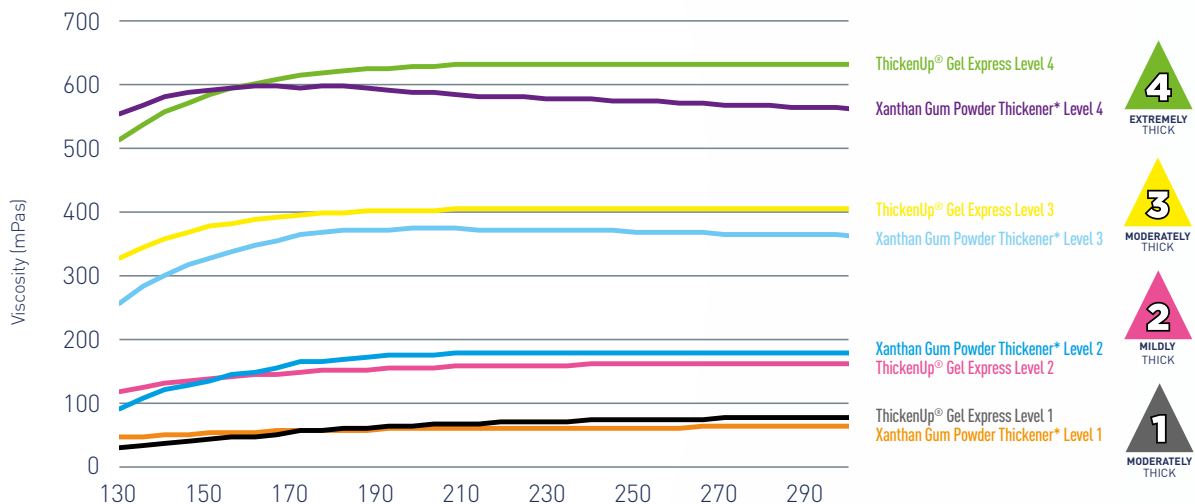


Reduces preparation and waiting times for caregivers and healthcare professionals

NEW IN DYSPHAGIA

safe

- Improves **swallowing safety and efficiency** by increasing viscosity¹³.
- Provides a smooth, **lump-free texture**¹².
- **Compliant with IDDSI** guidelines (Levels 1-4).
- **Amylase-resistant** preventing saliva enzymes from degrading the gel¹².






NEW IN DYSPHAGIA

ThickenUP
gel *express*

PRODUCT FEATURES

- **With plant-based ingredient****, making it tolerable for OD patients with dietary restrictions.
- **Gluten-free.**
- Suitable for people **above the age of 3 years.**
- The combination of acacia and xanthan gum yields a gel that **remains unaltered** in the bottle over time.
- **Storage** instructions:
 - Store in a **cool dry place.**
 - Remains **stable** in the bottle for up to **9 months.**
 - Once opened after initial use with dispenser, **use within 8 weeks.**
 - Packaged in a **450⁺ ml bottle**, offering approximately **100 pumps.**
- **Ingredients:** Water, emulsifier (414), thickener (xanthan gum), sodium citrate, acidity regulator (338), preservatives (211, 202). May contain **milk**, mustard, **egg**, **celery**.



NUTRITION INFORMATION		100 ml	1 x  (4.6ml)
Energy	kJ / kcal	218 / 52	10 / 2.4
Fat (0% kcal)	g	0	0
of which saturates	g	0	0
Carbohydrate (0% kcal)	g	0	0
of which sugar	g	0	0
Fibre (99% kcal)	g	25	1.1
Protein (1% kcal)	g	0.5	0.02
Minerals			
Sodium	mg	540	25
Potassium	mg	215	9.9
Phosphorus	mg	285	13



Empowering healthier lives through nutrition

*Test performed versus ThickenUP® Clear. ** Acacia Gum. † Increased to 500 mL during 2022.

1. Aslam M, Vaezi MF. Dysphagia in the elderly. Gastroenterol Hepatol (N Y). 2013;9(12):784-795. 2. Clave P, Terre R, de Kraa M, Serra M. Approaching oropharyngeal dysphagia. Rev Esp Enferm Dig. 2004;96(2):119-131. 3. Cook LJ, Kahrilas PJ. AGA technical review on management of oropharyngeal dysphagia. Gastroenterology. 1999;116(2):455-478. 4. Rofes L, Arreola V, Romea M, et al. Pathophysiology of oropharyngeal dysphagia in the frail elderly. Neurogastroenterol Motil. 2010;22(8):851-858, e230. 5. WGO Global Guidelines 2016. 6. Michel A et al. J Am Med Dir Assoc 2018. 7. Baijens LW et al. Clin Interv Aging 2016. 8. Aslam M et al. 2013 Gastroenterol Hepatol. 9. Namasivayam-MacDonald AM, Shune SE. The Burden of Dysphagia on Family Caregivers of the Elderly: A Systematic Review. Geriatrics (Basel). 2018;3(2). 10. Attrill S et al. BMC Health Serv Res 2018. 11. Cichero J. How and why thickened liquids improve swallowing safety and swallowing efficiency. Clinical Nutrition Highlights. NNI 2021;1: 1-33. 12. Data on File, 2021. 13. Cichero J. How and why thickened liquids improve swallowing safety and swallowing efficiency. Clin Nutr Highlights, NNI, 2021;1(1): 1-33.