

Pharyngeal Exercise (Plus Protein)

NCT05963113

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | NYU Langone Health |
| Enrollment | 120 participants |

Key Eligibility Criteria

Inclusion (4)

- Participants must be 65 years of age or older.
- Participants must score a 1 or 2 on the FRAIL scale OR a 4 or greater on the Strength, Assistance in Walking, Rise from a Chair, Climb Stairs and Falls (SARC-F) Questionnaire.
- Participants must score 26 or greater on the Montreal Cognitive Assessment (MoCA).
- Willingness to participate in the study procedures.

Exclusion (3)

- Known structural or neurological causes of dysphagia.
- Cannot consume high levels of protein (Chronic Kidney Disease Stage 3 or higher).
- Contraindications to 3T whole body MRI scanners (e.g., pacemaker, cerebral aneurysm clip, cochlear implant, presence of shrapnel in strategic locations, metal in the eye, claustrophobia, or other problems).

Locations (2 total)

NYU Steinhardt School of Education, New York, New York, United States
NYU Langone Health, New York, New York, United States