Publication summary	
Title	Thickening liquids for pediatric dysphagia: a perspective from clinical practice.
Authors	Karen van Hulst, Esther van Ijken & Leonie van Vliet
Publication date + magazine	February 2025, Postgraduate Medicine
Type of study	Case report
Objective / hypothesis	To evaluate the effectiveness of a locust bean- and xanthan gum-based thickener (ThickenUp® Junior) in the management of dysphagia in infants and young children with different underlying conditions.
Results	**Participants:** - Four case studies with children - Age between twelve months – four years old - Three girls and one boy - Different pathologies with common comorbidity: dysphagia **Main results:** - ThickenUp® Junior can be effective in managing dysphagia - Complications are prevented such as aspiration pneumonia - Facilitates more secure swallowing - Nutritional intake is maintained - May contribute to training the swallowing process - Enhanced oral control - Improves the quality of life of the patients - Due to amylase-resistance, the prepared drink remains stable for a longer period
Conclusion	This case report demonstrates that the locust bean- and xanthan gum-based thickener, ThickenUp® Junior can be a good tool for managing dysphagia and preventing complications in infants and young children (aged six months and above) with various underlying pathologies. In addition, the product is user-friendly. It gives the right consistency and it remains stable when mixed with saliva due to amylase-resistance. This thickener does not produce sensory changes to food and drinks. In addition, it is also important that treatment is individually tailored and led by a multidisciplinary team. More prospective studies are needed to validate and extrapolate these findings.
Methods	**Target group: four pediatric patients** - Four-year-old girl with dysphagia of unknown origin - Three-year-old girl with suspicion of pontocerebellar hypoplasia without genetic classification, microcephaly, axial hypotonia and hypertonia in extremities - Twelve-month-old boy with PRUNE-1 mutation and feeding problems - Two-year-old girl with Down Syndrome, cardiac anomaly and developmental delay **Methods:** - Case reports

	Intervention: - Used diagnostic tool for dysphagia: Videofluoroscopic Swallow Study (VFSS) - Treatment and evaluation by a multidisciplinary team - Using the locust bean- and xanthan gum-based thickener, ThickenUp® Junior to obtain an adequate IDDSI level **Endpoints:** - Improved swallowing ability - Preventing complications such as aspiration pneumonia - Improved oral control - Improved nutritional intake
Limitations	- Small sample size - No control group - Case reports are hypothesis-generating → cannot be seen as definitive evidence - Further investigation is necessary - Case reports are susceptible for selection bias - In each patient, other factors in the treatment might have contributed to the improvement of dysphagia