DID YOU KNOW?

An estimated 17.9 million adults in the U.S. report having a voice problem. Many people use their voices for their work. Teachers, telemarketers, singers, lawyers, broadcast journalists, sales people, and public speakers are among those at greatest risk for voice injury.

Taking care of your voice can help you avoid voice problems and disorders.



The National Institute on Deafness and Other **Communication Disorders (NIDCD) supports research** to understand diseases and conditions that can harm the voice and to test new ways to diagnose or treat voice disorders.



controls the nerves and muscles to produce the human voice. These findings may help the development of better treatments for voice disorders. Researchers are investigating how reflux from the

NIDCD-funded research is exploring how the brain



vocal folds. NIDCD-funded researchers are also looking at new ways to assess vocal disorders and testing new

stomach or esophagus to the throat harms the



Upper respiratory infections Acid reflux, heartburn, gastroesophageal reflux

What causes voice problems?

disease (GERD), or laryngopharyngeal reflux (LPR)

methods of voice therapy.

- Vocal misuse and overuse Growths on the vocal folds
- Cancer of the larynx
- Neurological diseases
- Psychological trauma or stress

questions: Has your voice become hoarse or raspy? Have you lost your ability to hit some high notes when singing?

if you answer "yes" to any of these



Does your voice suddenly sound deeper?

You may have a voice problem

 Does your throat often feel raw, achy, or strained? Has it become an effort to talk?

If you answered "yes" to any of these

- Do you find yourself repeatedly clearing your throat?
- questions, you may want to talk to your health care provider.





throughout the day.

Maintain a healthy

Exercise regularly and

Take vocal naps—give

lifestyle and diet.

get enough rest.

your voice a rest



winter or if the air indoors is very dry—30% humidity is recommended.

Don't smoke, and avoid

second-hand smoke.

Use a humidifier in

your home during

Drink plenty of water,

especially when

exercising.



If you drink caffeinated beverages or alcohol, balance your intake with

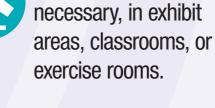




screaming or whispering. Practice good breathing techniques when singing or talking.

Rest your voice when

you are sick. Avoid



Avoid talking in noisy places.

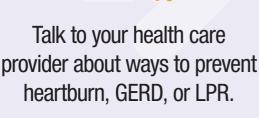
Use a microphone, when

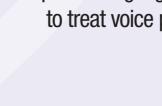


Talk to your health care



a speech-language pathologist to treat voice problems.







your-voice

States. Laryngoscope. 2014 Oct; 124(10): 2359-2362.



https://twitter.com/nidcd

Morris MA, Meier SK, Griffin JM, Branda ME, Phelan SM. Prevalence and etiologies of adult communication disabilities in the United States: Results from the 2012 National Health Interview Survey. Brief Report. Disabil Health J. 2016 Jan;9(1):140-4. doi:10.1016/j.dhjo.2015.07.004. Epub 2015 Jul 22.

Bhattacharyya N. The prevalence of voice problems among adults in the United