

FAQS ON VOICE DISORDERS

1. *What is a voice disorder?*

Voice disorder occurs when a person's voice quality is affected or is inappropriate for his/her age or gender.

2. *What are the symptoms of a voice disorder?*

1. Change of voice (Eg: harsh)
2. Increased breathiness while speaking
3. Breaks in voice while speaking
4. Loss of voice



5. Pain or fatigue while speaking

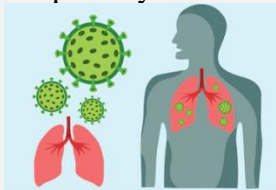


6. Strain when speaking
7. Voice not appropriate for gender

3. *What causes voice disorders?*

A voice disorder may be caused by

1. Respiratory infections



2. Gastric/acidity problem

3. Shouting for a longer time



4. Tumours in the voice box
5. Throat clearing
6. Cancer

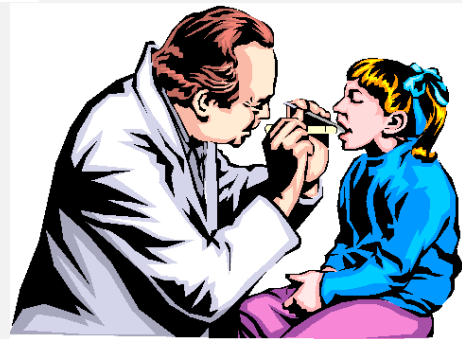


4. Who do we seek professional help from?

If you suspect a voice disorder you should first consult a Speech Language Pathologist (SLP). After assessment SLP will recommend voice therapy or if the disorder can be treated with medication, you will be advised to consult an ENT doctor.



Speech Language Pathologist



ENT Doctor

5. What is voice therapy and how long would we have to attend voice therapy?

Voice therapy is given to modify or improve voice quality by a Speech Language Pathologist.

6. How long do we attend voice therapy?

It is generally advised by the Speech Language Pathologist for a time period of 1 week to 3 months.

7. Does voice disorder occur only in adults?

No, Voice disorders can occur at any age group of individuals including children.

8. What are the signs to look out for voice disorders in children?

Few signs to look out for voice disorders in children are:

- Straining to speak at a normal tone
- Rough sounding voice
- Loss of voice
- Pitch not appropriate for gender (Eg: Males speaking in Female Voice)

9. What are the helpful tips for voice care?

1. Avoid screaming



2. Minimize throat clearing/coughing/whispering
3. Avoid skipping meals and eat at a proper time
4. Drink lots of water



5. Reduce tea/coffee intake



6. Take regular breaks if you are a professional voice user (singer/teacher/actor)
7. Avoid alcohol and Smoking



8. Avoid excessive spicy foods

9. Take a healthy diet



10. *Who are vulnerable for voice disorders?*

Individuals who need their voice for their profession, for example: Singers, Teachers, Actors, Politicians etc are vulnerable to voice disorders. This is because these individuals use their voice for longer hours and might shout or scream on a daily basis which is harmful to the voice box.



[FOR MORE DETAILS CONTACT US AT:](#)



*All India Institute of Speech & Hearing (AIISH),
Manasagangothri, Mysore -570 006*

Phone: +91-0821 2502000 / 2502703/ 2502575

Fax: +91-0821-2510515

E-mail: director@aiishmysore.in

Website: www.aiishmysore.in