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. NIDCD-funded research is exploring how the brain



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



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



Acid reflux, heartburn, gastroesophageal reflux

What causes voice problems?

disease (GERD), or laryngopharyngeal reflux (LPR)

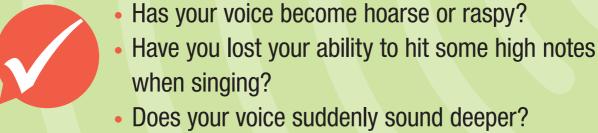
Upper respiratory infections

methods of voice therapy.

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

questions:

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

if you answer "yes" to any of these

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



lifestyle and diet. especially when Exercise regularly and exercising. get enough rest.

Healthy Ways to Protect Your Voice



Take vocal naps—give

your voice a rest

throughout the day.

Maintain a healthy



indoors is very dry—30% humidity is recommended.

Don't smoke, and avoid

second-hand smoke.

Use a humidifier in

your home during

winter or if the air

Drink plenty of water,

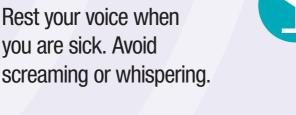


sing when your voice is hoarse or tired. Rest your voice when

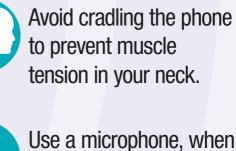
and try not to speak or

Practice good breathing

If you drink caffeinated







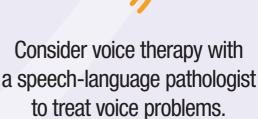


necessary, in exhibit

areas, classrooms, or

exercise rooms.







National Institute on

Deafness and Other Communication Disorders

heartburn, GERD, or LPR.

https://twitter.com/nidcd

https://www.nidcd.nih.gov

your-voice Bhattacharyya N. The prevalence of voice problems among adults in the United States. Laryngoscope. 2014 Oct; 124(10): 2359-2362.

Sources: Taking Care of Your Voice: https://www.nidcd.nih.gov/health/taking-care-