

# TUNE IN TO YOUR VOICE



**ARE YOU WORRIED  
ABOUT YOUR VOICE?**

**...GET IT CHECKED**

Although most changes in voice quality occur because of poor voice production or simple throat infections, occasionally hoarseness may be the first sign of a more serious problem. It is always better to be safe than sorry.

**TURN OVER TO FIND OUT MORE...**

# **YOUR VOICE IS PRECIOUS – LOOK AFTER IT!**

Have you noticed that your voice sounds different? It might sound a bit rougher or breathier than usual. Perhaps it is difficult to get it started, or maybe it breaks, squeaks unexpectedly or hurts when you speak or sing? You may be beginning to wonder if anything is wrong or you may be ignoring the problem hoping it will go away on its own.

Although most changes in voice quality occur because of poor voice production or simple throat infections, occasionally hoarseness may be the first sign of a more serious problem. It is always better to be safe than sorry.

## **WHAT TO DO**

...report your symptoms to your General Practitioner (GP). If you do not have a GP it is important to register with one as soon as possible – without one it is going to be very difficult to get the help you need.

## **YOUR GP**

...can diagnose and treat some voice problems. They can refer you on to a specialist for further investigations and treatment.

## **AN EAR NOSE AND THROAT SURGEON (ENT)**

...can examine your voice to ensure that you have not developed any serious disease, such as a cancer. They can diagnose most voice problems and provide medication, special investigations and refer to other specialists for further diagnosis or treatment where necessary.

## **A MULTIDISCIPLINARY VOICE CLINIC (MDVC)**

...is a specialist clinic where you may be assessed by a number of professionals with a special interest in voice disorders. The core Voice Clinic team members are the ENT surgeon and the Speech Therapist. Other specialists, such as osteopaths, physiotherapists, singing advisors or psychologists may be included in the team.

The MDVC team does all that the ENT surgeon can. In addition, they can diagnose hidden abnormalities of the vocal folds using specialist equipment. They also provide a wide range of specialized treatments for voice disorders. They are particularly helpful for anyone who is a professional voice user or who has failed to respond to standard medical treatment.

For further information about voice care and Multidisciplinary Voice Clinics visit the British Voice Association website at:  
[www.britishvoiceassociation.org.uk](http://www.britishvoiceassociation.org.uk)