

Services

- Clinical Voice Evaluation
- Instrumental Voice Evaluation
- Laryngeal Stroboscopy
- Aerodynamic Assessment
- Electroglottography
- Ultrasound
- Nasometry
- Laryngeal Electromyography

When can I expect improvement?

No two people are the same. Rate and degree of improvement depends upon a number of factors such as age, severity of the problem, cause of the problem, co-existing medical conditions and patient commitment to therapeutic intervention.

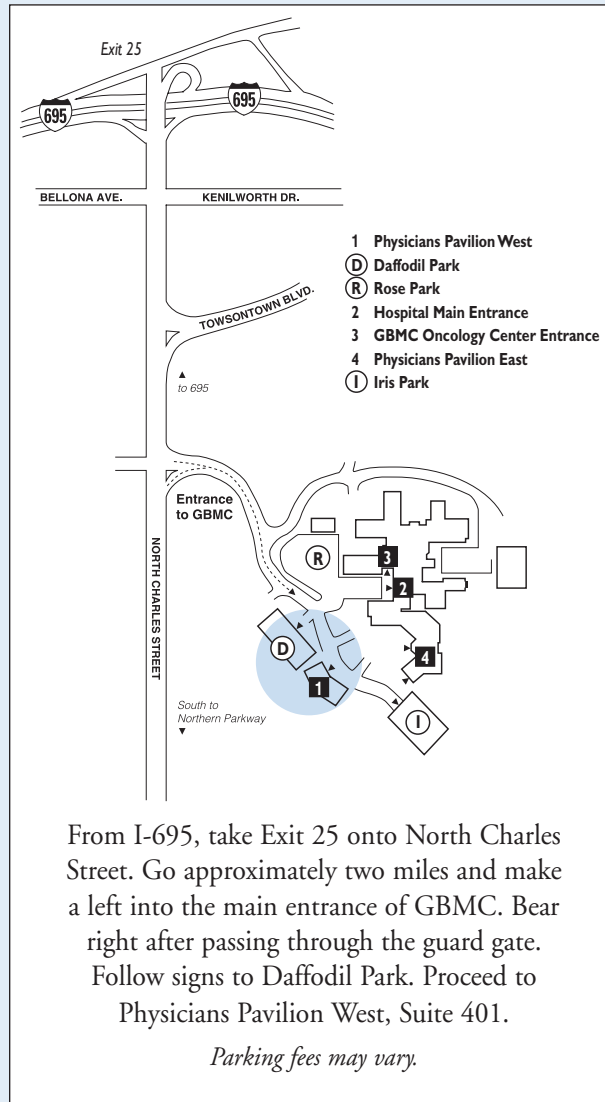
How do I make a referral?

To make a referral for a voice evaluation, please call the Voice Center at GBMC at 443-849-2087.

GBMC

GBMC includes Greater Baltimore Medical Center, Gilchrist Hospice Care and GBMC Foundation.

Directions to GBMC



The Milton J. Dance, Jr., Head & Neck Center

Greater Baltimore Medical Center
6569 N. Charles Street
Physicians Pavilion West, Suite 401
Baltimore, MD 21204

443-849-2087

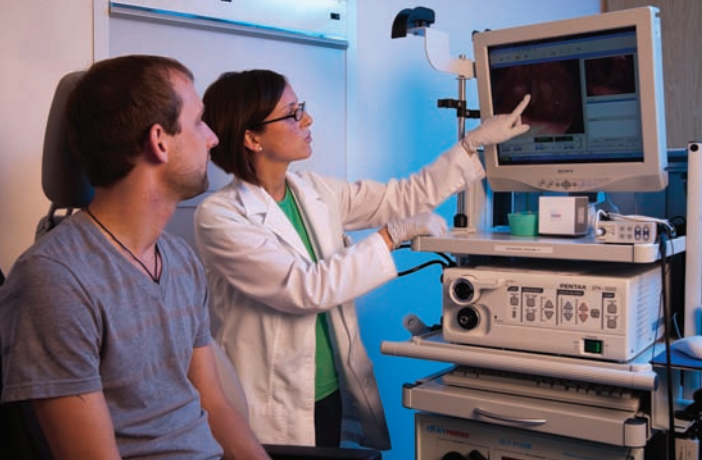
www.gbmc.org/mjdanceheadandneck
www.gbmc.org/voice

The Milton J. Dance, Jr.,
Head & Neck Center

VOICE DISORDERS

GBMC

www.gbmc.org/mjdanceheadandneck
www.gbmc.org/voice



What is voice?

Voice is produced when air that is exhaled from the lungs (respiration) passes over the vocal cords, causing them to vibrate (phonation). The sound of the voice is then shaped by the muscular changes of the throat, mouth and palate (resonance).

What is a voice disorder?

A voice disorder is an abnormal change in the way a person's voice sounds. A voice disorder becomes a problem when the pitch, loudness or quality of the voice calls attention to itself rather than to what the speaker is saying. It is also a problem if the speaker experiences pain or discomfort when speaking or singing.

What are the symptoms of a voice disorder?

- Hoarseness
- Breathiness
- Pitch change
- Voice “cracks”
- Loss of vocal range when singing
- Frequent throat clearing
- Vocal fatigue/pain

- Strain/effortful voicing
- Voice loss (aphonia)
- Tremor

What causes voice disorders?

- Upper respiratory infections
- Inflammation or swelling
- Acid reflux
- Vocal abuse/misuse
- Benign growths (e.g., nodules, polyps, cysts)
- Neuromuscular conditions (e.g., vocal cord paralysis, spasmodic dysphonia)
- Laryngeal cancer
- Habitual coughing or throat clearing

Who is at risk for a voice disorder?

Approximately 3% to 10% of the general population will experience a voice disorder in their lifetime, but certain individuals are at greater risk, including professional voice users (i.e. teachers, singers, clergy, coaches, attorneys), smokers, individuals who have had surgery to the head or neck, or individuals who have neurological disorders (i.e. stroke, spasmodic dysphonia, Parkinson's Disease).

When should I seek attention for my voice problem?

If you have experienced any of the symptoms of a voice disorder described above, you should consult a doctor. An otolaryngologist (ENT) is a physician who specializes in diseases of the ears, nose and throat. An ENT will examine your vocal cords either with a laryngeal mirror or an

endoscope that is passed through either the nose or mouth. This examination will determine if treatment is required.

How are voice disorders treated?

Treatment of voice disorders may include one or a combination of medication, voice therapy or surgery. Treatment will be tailored to address your specific needs.



What is voice therapy?

Voice therapy is an individualized combination of vocal hygiene recommendations, modification of vocal behaviors and exercises designed to address specific vocal problems. State-of-the-art equipment may be used in therapy to promote learning and to facilitate progress toward goals. A customized treatment program may be recommended by an ASHA-certified speech-language pathologist following a voice evaluation.