

KEEP THE LARYNX HYDRATED

Moisture will help your vocal folds fight off injury and speed up healing. Limited water intake, dry air, mouth breathing, smoking, alcohol and drugs, caffeine as well as certain medications will dry out your vocal folds both externally and internally.

DRINK: 10-12 glasses/day of non-caffeinated, non-alcoholic, low acid liquids. Increase fluid intake with exercises, hot weather and sustained voice use.



STEAM: For increased external hydration, it can be helpful to use steam:

- Take a hot shower or bath
- Face over bowl of hot water (careful with distance to bowl and with temperature)
- Use a hot water vaporizer/humidifier preferably (avoid cool mist)
- Target a humidity level of 40-50% in the rooms you use the most.
- Use a filtered heating and air conditioning system
- Use a funnel as a personal steamer (great for travel)

MEDICATIONS TO AVOID

- Antihistamines have a drying effect, use nasal sprays instead
- Advil/Aspirin (unless prescribed): work as blood thinners and may increase risk of hemorrhages of the vocal folds.

SMOKING / EXPOSURE TO SECOND-HAND SMOKE

- Smoking dries the vocal folds and impacts blood supply
- Smoking causes swelling and redness of the delicate cover of the vocal folds
- Second hand smoking contains 40000 harmful chemicals
- Smoking kills 1 in 10 adults worldwide.
- Call and get some support today!
1-877-513-5333

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VOICE ADVICE

A guide to a strong, clear, easy voice



While the voice is usually able to withstand occasional overuse, continuous and recurring overuse may lead to changes in the throat and its tissues (i.e. nodules, polyps, hemorrhage).

Once there is a tissue change, this may lead to persistent or worsening voice issues. Here are some basic guidelines to help you care for your voice.

USE GOOD VOCAL TECHNIQUE:

There are times and places where you need to be loud. With vocal technique this may be possible. Without technique you risk causing tension and fatigue. When possible use other communication strategies.

- Face the person you are speaking to
- Don't speak to anyone you can't touch
- To make your voice louder, take a larger breath and open your mouth wider when speaking
- Speak in gentle, quiet voice instead of whispering.
- Use amplification if it is available. It is a win-win situation for everyone.
- Use an earplug to protect your voice! An earplug placed in one ear will boost your auditory feedback and give you a louder sensation and will reduce your temptation to fight the noise with your voice.
- Make sure you have enough breath for what you say. Take as many breaths as you need to get to the end to avoid tensions.
- Warm-up the voice before singing or speaking publicly
- Reduce general body tension: watch out for clenched teeth or a stiff jaw

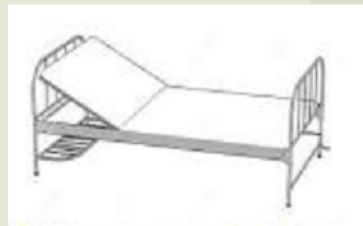
VOICE BUDGETING

The voice is not a finite resource!
Time is money and so is voice!
Treat your voice like you would the rest of your body.
Your voice sometimes needs a break.

- Limit the amount of voice use and the length of time you are speaking
- Speak only when necessary, use gestures
- Rest when your voice is tired; schedule voice rests throughout your day
- Use the phone only when necessary; text chat instead of phone chat.
- Laughing/crying for prolonged periods can be harmful, take a quiet time after this to keep tensions at bay.

REFLUX / GERD

- Avoid spicy, fatty, citrus foods, caffeine and alcohol, chocolate and mint
- Eat well before nighttime (at least 2-3 hours before bedtime)
- Elevate the head of your bed 25 cm
- Control carefully body weight and dress loosely around abdomen



KEEP THE VOICE HARM-FREE

VOICE TRAUMA:

Some things are just plain harmful. Screaming is one of them. One single strong scream can be enough to damage the vocal fold tissue in a way that can be hard to fix even with surgery.

So, be loud some other way than with your voice (clap, bang, use instruments, use time/lights out) and save screaming for times of danger only.



COUGHING / THROAT CLEARING:

These two behaviours are meant to protect the larynx and should be used sparingly. However, they rapidly become habits.

When you cough/throat clear, the vocal folds are thrown together with such excessive force that it can disrupt tissues involved. Instead use these strategies:

- Sniff and swallow
- Sip water
- Use a silent /ha/ cough and swallow
- Make a brief hmmm sound