

# INVEST IN YOUR VOICE

WORLD VOICE DAY, APRIL 16, 2009

Invest in your voice today  
so you can enjoy vocal  
wealth tomorrow!



**WORLD VOICE DAY**

APRIL 16th

[www.entnet.org/voiceday](http://www.entnet.org/voiceday)

Maintain your vocal health;  
find out more at [www.entnet.org/worldvoiceday](http://www.entnet.org/worldvoiceday)

Brought to you by:



AMERICAN ACADEMY OF  
OTOLARYNGOLOGY—  
HEAD AND NECK SURGERY

Empowering otolaryngologist—head and neck surgeons to deliver the best patient care  
1650 Diagonal Road, Alexandria, Virginia 22314-2857 U.S.A.

# WORLD VOICE DAY AT A GLANCE

## What is World Voice Day?

World Voice Day is a celebration of the importance of the human voice. The human voice is used to express our thoughts, ideas, concerns, and emotions. In addition, millions of people rely on their voices for their livelihood.

## When is World Voice Day?

World Voice Day is April 16, 2009.

## Why a World Voice Day?

World Voice Day is a joint international effort among physicians and other healthcare providers to educate people of the importance of their voices and provide voice care information.

## How to celebrate World Voice Day?

Be aware of the importance of the voice to many occupations as well as social activities of everyday life. Specifically, it is important to remember to care for the voice with techniques such as proper water intake, reduction or minimization of over-use and abuse of the voice, and to avoid secondhand smoke and other noxious environmental exposures.

## Where did World Voice Day start?

World Voice Day started with a combined effort of otolaryngologists and speech-language pathologists from Brazil, the United States, and Europe coordinating their educational and outreach activities. Brazilian voice care professionals started this concept with the establishment of a Brazilian Voice Day in 1999. In the United States, the American Academy of Otolaryngology—Head and Neck Surgery (AAO-HNS) leads this health observance.

## Tips to invest in your voice's future:

1. If you smoke, quit now and avoid secondhand smoke.
2. Drink plenty of water to stay hydrated.
3. Try not to use your voice too long or too loudly.
4. Avoid speaking or singing when your voice is injured or hoarse.
5. Avoid things that dehydrate the body, such as alcohol and caffeine.
6. Warm up your voice before prolonged or strenuous voice use like teaching or giving speeches.
7. When your voice is complaining to you, listen to it. Know that you need to modify and decrease your voice use if your voice becomes weak in order to allow your vocal cords to recover.



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