

**LET YOUR
VOICE BE
HEARD!**



WORLD VOICE DAY

APRIL 16th

**World
Voice Day
April 16, 2008**

THE HUMAN VOICE IS A POWERFUL SYMBOL OF THE RIGHT
TO COMMUNICATE OPINIONS AND BELIEFS,
BUT IT IS ALSO A VERY PHYSICAL PART OF EVERYDAY LIFE.

**MAINTAIN YOUR VOCAL HEALTH, FIND OUT MORE AT
[HTTP://WWW.ENTNET.ORG](http://www.entnet.org)**



American Academy of Otolaryngology-Head and Neck Surgery Foundation
Working for the Best Ear, Nose, and Throat Care
One Prince Street | Alexandria, VA 22314-3357 | 1-703-836-4444 | Fax: 1-703-684-4288

www.entnet.org

“Let Your Voice Be Heard”

Teachers, politicians, clergy, salespeople, courtroom attorneys, telemarketers, and receptionists are all people for whom spoken communication is an essential part of what they do, and there are countless other professions that rely heavily on the voice. In spite of this era of e-mail and Internet communications, it is still hard to conceive of an effective classroom, election campaign, pulpit, or courtroom without voice. Once you pause to consider a world without voice communications, you realize that voice is crucial to our professions and our every day lives.

As the American Academy of Otolaryngology – Head and Neck Surgery (AAO-HNS) celebrates World Voice Day 2008, ENT doctors offer some tips to keep occupational voice users and the general public alike in tip-top vocal shape:

- ★ Drink plenty of water. Moisture is good for your voice. Hydration helps to keep thin secretions flowing to lubricate your vocal cords.
- ★ Try not to scream or yell. These are abusive practices for your voice, and put great strain on the lining of the vocal cords.
- ★ Warm up your voice before heavy use. Warm-ups can be simple, such as gently gliding from low to high tones on different vowel sounds, doing lip trills (like the motorboat sound that kids make), or tongue trills.
- ★ Use good breath support. Breath flow is the power for voice. Take time to fill your lungs before starting to talk, and don't wait until you are almost out of air before taking another breath to power your voice.
- ★ Use a microphone. When giving a speech or presentation, consider using a microphone to lessen the strain on your voice.
- ★ Listen to your voice when it is complaining to you. Know that you need to modify and decrease your voice use if you become hoarse in order to allow your vocal cords to recover. Pushing your voice when it's already hoarse can lead to significant problems. If your voice is hoarse frequently, or for an extended period of time, you should be evaluated by an otolaryngologist, a physician trained to treat disorders of the ears, nose, and throat.

Education and awareness around common voice concerns and proper vocal care is critical to your health! The AAO-HNS has created a host of new public education materials for the 2008 World Voice Day observance. These items are posted on the AAO-HNS web site and include:

Fact sheet	How the Voice Works
Fact sheet	Vocal Health at Every Age
Video	See the Voice!
Quiz	Is Your Voice Normal?

To find out more about vocal health and World Voice Day, visit www.entnet.org and click on “Patients.”