

Do you know the symptoms of voice damage?

Voice damage means more than just losing your voice. Voice strain can be revealed by the following early symptoms:

- Discomfort speaking
- Lower pitch to the voice
- Breaking voice
- Loss of vocal range
- Voice that becomes harsh, raspy, shrill or thin
- Tension, leading to change in voice quality
- Pain, leading indirectly to a change in voice tone or quality
- Loss of voice
- Sore throat
- Tickling in the throat
- Urge to cough or clear the throat
- Vocal irritation from Acid Reflux (GERD)



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Are You Worried About Your Voice?



YOUR VOICE IS PRECIOUS – LOOK AFTER IT!

Voice is important for everybody. We depend on it for everyday talk and it is an essential tool of many jobs and professions.

GET IT CHECKED

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.

Am I at risk?

Anyone, from infants to the elderly, who uses his or her voice excessively, may develop a disorder related to vocal misuse. Especially, voice users such as politicians, call center employees, lawyers, teachers, clergy, dispatcher, and professional voice users such as singers and actors often develop these types of voice disorders.

What should I do?

Report your symptoms to a speech-language pathologist (SLP) that specializes in voice. This health professional is trained to evaluate and treat people who have voice disorders that affect their ability to communicate. They are particularly helpful for anyone who is a professional voice user or who has failed to respond to standard medical treatment or does not want surgery. The speech-language

pathologist can evaluate the pitch, loudness, and quality of the person's voice, and will also assess vocal techniques such as breathing and style of voicing. A voice recording is often made, and trial therapy techniques may be used to test their effectiveness at improving the voice.

Also, the SLP can refer you 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 vocal pathology, provide medication, and collaborate with the SLP.

What else should I know?

Most disorders of vocal abuse and misuse are reversible. The best treatment in many cases is a brief period of voice therapy so that the individual can learn good vocal technique and identify harmful vocal behaviors for elimination. If voice therapy or medication is not enough an operation may be necessary to remove growths from the vocal folds. Since most disorders of vocal abuse and misuse easily recur following surgery if the vocal misuse continues, another period of voice therapy by a speech-language pathologist after surgery may help prevent recurrence of the problem.



Why should I choose you?

It is our philosophy to treat the whole person which further reinforces the need to understand the person holistically and for intervention to be person-centered rather than disease orientated. For our clients' sake, it is important for us to adopt a critical yet open-minded view of the potential benefits of non-traditional therapies

At Educational Consultants Group each client receives a comprehensive voice evaluation, voice recording and analysis. Following the evaluation a rehabilitation program is design and treatment includes traditional voiced therapy techniques of phonation exercises, singing techniques, coupled with complementary alternative methods such as progress muscle relaxation, biofeedback, cognitive behavioral therapy, myofascial release techniques and method to prevent vocal fatigue, vocal loss and hoarseness.

Professional Voice Therapy

We provide individualized evaluation, treatment and maintenance programs for:

- performing artists
- public speakers
- clergy
- teachers
- salespeople
- radio and television workers
- telemarketers

Standard Voice Therapy

We provide programs for individuals that have voice concerns and need to investigate and treat the cause.

Educational Consultants Group currently accepts private pay, Medicare and Med-Waiver. We offer financial assistance to certain clients. Please contact us to discuss our normal rates and fees, or to see if you qualify for a reduced rate or fee schedule.