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Do you have a voice disorder?

Has your voice changed?

- Has it become hoarse, rough, breathy or croaky?
- Do people have trouble hearing you?
- Do you have trouble getting your voice started or does it break or squeak unexpectedly while you are talking.
- Does your voice get tired after you use it?
- Does your voice get weaker after you use it?
- Do you lose your voice often?
- Does your voice sound deeper than it used to? Or higher?
- Does your throat often feel raw, achy, or strained?
- Is talking a big effort?
- Are you always clearing your throat?
- Do you find you can't sing all the notes any more

If any of this sounds like you, you may have a voice disorder.

If it lasts for more than two weeks you should see your GP and have it investigated.

Most changes in voice quality occur because of poor voice production, overuse, talking in noisy environments or simple throat infection **BUT** occasionally hoarseness may be the first sign of a more serious problem. It is better to be safe than sorry.

Your GP may refer you to an **Ear Nose and Throat Specialist** (ENT) for diagnosis and treatment or referral to other specialists if necessary. Many voice disorders respond well to voice therapy. The ENT may refer you to a **Speech Pathologist** to help you to understand your voice and how it works. You will learn how to look after your voice and use it safely and effectively, to ensure that it serves you well in everything that you need it to do.