

# Better

## SPEECH & HEARING

# VOCAL HYGIENE TIPS

## Awareness Month



## Watch your volume



## Hydrate

EVERY PERSON'S IDEAL WATER INTAKE LOOKS DIFFERENT. AN EASY WAY TO MONITOR YOUR INTAKE IS BY MONITORING YOUR URINE COLOR. IF IT'S CLEAR OR LIGHT YELLOW YOU, ARE LIKELY ON TRACK BUT IF IT'S DARK YELLOW, YOU NEED TO UP YOUR WATER INTAKE!

## Dehydration Agents

BE MINDFUL OF THINGS THAT MAY IMPACT YOUR HYDRATION AND COMPENSATE FOR THESE. COMMON AGENTS INCLUDE:  
EXERCISE  
HOT AND ARID CLIMATES  
ALCOHOL & CAFFEINE INTAKE  
SOME MEDICATIONS

SPEAKING TOO LOUDLY, TALKING A LOT, COMPENSATING FOR BACKGROUND NOISE, YELLING, AND EVEN PROLONGED WHISPERING CAN LEAD TO VOCAL ABUSE, WHICH CAN RESULT IN LESIONS LIKE NODULES, POLYPS OR CYSTS THAT CAN IMPACT YOUR VOICE QUALITY. IN THE CLASSROOM, USE AN FM SYSTEM IF AVAILABLE!

## Avoid Smoking or Vaping



IN ADDITION TO PUTTING YOUR ORAL, LARYNGEAL, AND LUNG HEALTH IN DANGER, INHALING SMOKE CAN IRRITATE YOUR AIRWAY. THIS CAN RESULT IN FREQUENT THROAT CLEARING AND COUGHING WHICH CAN STRAIN YOUR VOCAL FOLDS AND IMPACT YOUR VOICE QUALITY

## Manage Allergies



ALLERGIES OFTEN IRRITATE YOUR SINUSES AND AIRWAY AND CAN RESULT IN EXCESS MUCUS. THIS MUCOUS CAN GO DOWN TO YOUR THROAT, WHICH CAN LEAD TO CONSTANT THROAT CLEARING AND COUGHING. ALLERGY MEDICATION CAN HAVE THE OPPOSITE EFFECT AND DRY OUT YOUR AIRWAY, BOTH RESULTING IN VOCAL FOLD IRRITATION.

## Acid Reflux



IF YOU ARE EXPERIENCING HEART BURN MULTIPLE TIMES A WEEK, CONSIDER SPEAKING TO YOUR PHYSICIAN. THIS MAY BE GASTROESOPHAGEAL REFLUX DISEASE (GERD). WHEN STOMACH ACID TRAVELS UP TO THE ESOPHAGUS, IT CAN REACH YOUR VOCAL FOLDS AND CAUSE DAMAGE, RESULTING IN A HORSE VOICE OR SORE THROAT BUT OVER TIME THIS CAN CAUSE PERMANENT DAMAGE.



## Rest

BOTH GETTING ENOUGH SLEEP AT NIGHT, AS WELL AS VOCAL REST AT THE END OF THE DAY, CAN IMPROVE VOCAL HEALTH. TAKE SOME TIME TO REST. TEXT OR EMAIL IF NEEDED FOR A FEW HOURS IN THE EVENING WHEN EXPERIENCING OR TRYING TO PREVENT VOCAL IRRITATION

## Disclaimer

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