

# Dysphonia

## What is dysphonia?

Dysphonia is a disorder that changes how our voice sounds (commonly called hoarseness).

## What causes dysphonia?

- a change to how the voice box looks
- surgery, stroke or brain injury
- disorders of the nervous system such as Parkinson's disease or Motor Neuron Disease
- misuse of the voice e.g. a lot of yelling
- damage to the nerves
- psychological causes

## A speech pathologist can

- check your voice and find the best treatment for you
- arrange for you to see a specialised doctor to test your voice box

## Tips for you

- drink lots of water
- avoid alcohol and caffeinated drinks (e.g. coffee, tea or cola)
- avoid dusty or smoky environments
- avoid smoking
- avoid throat clearing and coughing (drink water instead)
- stand close to the listener (don't strain your voice)
- avoid talking over loud noise (e.g. TV or music)
- avoid yelling/shouting
- avoid excessive talking

## Useful websites

[www.asha.org/public/speech/disorders/voice](http://www.asha.org/public/speech/disorders/voice)

Talk to your speech pathologist for more information.

Your speech pathologist is:

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