

# E Voice Disorders Causes of Voice Disorders

**SYMPTOMS** depend on the nature and severity of the condition:

- Hoarseness
- Breathiness
- Vocal fatigue
- Pitch breaks
- Strain
- Tremor
- Pain

**DIAGNOSIS** may involve one or more of these modalities:

- Acoustic and aerodynamic analysis
- Fiberoptic laryngoscopy
- Laryngeal video-stroboscopy
- Laryngeal electromyography

## TREATMENT:

An individualized treatment program is designed for each patient including behavioral voice therapy, vocal hygiene, and lifestyle changes.

For those with mild-moderate Parkinson's disease, the 4-week Lee Silverman Voice Therapy program may be appropriate.

**MEDICAL INTERVENTIONS** include:

- Phonosurgery
- Medication
- Botulinum toxin (Botox)
- Vocal fold injection
- Vocal fold medialization

**VOCAL FOLD NODULES:** Localized benign growths on the vocal folds resulting from abuse, misuse, and overuse of the voice. Nodules can cause hoarseness, breathiness and difficulty singing pitches in the upper third of the range.



**VOCAL FOLD POLYPS:** Benign lesions resulting from vocal abuse or a single traumatic incident. There may be breathiness, hoarseness, loss of singing range, and voice breaks.



**LARYNGOPHARYNGEAL REFLUX (LPR):** Caused by the regurgitation of stomach contents up through the esophagus into the throat, LPR causes hoarseness, chronic throat clearing or coughing, excessive throat mucus, and a sensation of a lump in the throat.



**LARYNGEAL CANCER:** Hoarseness is the primary sign and symptom. There may be pain on swallowing or tenderness in the neck. If diagnosed early, these cancers can be treated with an excellent outcome.

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