

## Some realities about voice problems.

- Majority of voice problems do not need surgery.
- The majority of voice problems are avoidable and remediable.
- Even the most accomplished highly trained singer can develop a voice problem (same as an elite athlete is still susceptible to injury).
- Voice problems can have a huge psychological impact and can also be caused by psychological distress.
- You do not realise how crucial your voice is until you lose it.
- Other people can be unsympathetic about voice problems and tend to comment more readily than they would if someone limped, stuttered or was in a wheelchair, eg. “Have you got a cold?” or “That’s a sexy voice”. Often they raise their own volume assuming the person also has a hearing problem.
- Two thirds of voice problems are due to faulty use and can lead to pathology such as swelling, nodules, cysts or bleeds in the cords.

## Prevalence of Voice problems.

- Virtually everyone at some stage over a one year period will experience a “croaky” throat whether due to a cold, fatigue or something more serious or long lasting.
- Whether this becomes a problem, usually depends on the severity, duration, how much you depend on your voice for social and vocational purposes and your reaction to the symptoms.
- One third performers experience some problem with their voice over a one year period, frequently requiring them to cancel a performance or to give a sub-standard performance.
- High risk groups are those who use their voices a lot, those who use their voices incorrectly and those who use the extremes of their voice without relief, eg. Teachers, auctioneers, barristers, aerobics instructors, singers, actors, spruikers, sales representatives, telephonists, call centre operators, clergy, children, yellers, choristers etc.