

# WORLD VOICE DAY



## DID YOU KNOW?

**1 in 13 adults will struggle with a voice problem each year. Many people use their voices for work. Singers, factory workers, teachers, lawyers, sales people, public speakers, and even speech-language therapists are at risk for vocal injury.**

## CAUSES:

- Upper respiratory infections
- Acid reflux, heartburn, gastroesophageal reflux disease (GERD), or laryngopharyngeal reflux (LPR)
- Vocal misuse and overuse
- Growths on the vocal folds
- Neurological diseases
- Psychological trauma or stress



## CHALLENGE YOURSELF

At 18:30-19:00 on the 16th of April 2018, spend 30 minutes without using your voice to gain an understanding of the challenges faced by individual's with voice disorders



## Have any Questions?

Contact the Department of Speech-Language Pathology and Audiology at the University of Pretoria on: [mokaba.matsei@up.ac.za](mailto:mokaba.matsei@up.ac.za)  
012 420 2357

## WHAT IS A VOICE DISORDER?

**A voice disorder is when voice quality, pitch, and loudness differ or are inappropriate for an individual's age, gender, cultural background, or geographic location**

## YOU MAY HAVE A VOICE PROBLEM IF YOU ANSWER "YES" TO ANY OF THESE QUESTIONS



- Has your voice become hoarse or raspy?
- Does your voice suddenly sound deeper?
- Does your throat feel raw, achy, or strained?
- Has it become an effort to talk?
- Do you find yourself repeatedly clearing your throat?
- Have you lost the ability to hit some high notes when singing?

## MAKE THE CHOICE TO CHERISH YOUR VOICE!



Stay hydrated. Drink 6-8 glasses of water per day



Don't smoke and try to avoid second-hand smoke



Use a microphone when necessary in classrooms, exhibit areas, or exercise rooms



Rest your voice when you are sick. Avoid screaming or whispering



Limit your intake of caffeine, alcohol, soda or medications that dry out your vocal folds

## SAVE THE DATE

25 May 2018 - UP Wellness Talk about "Voice in the Workplace"

### REFERENCES

- American Speech-Language-Hearing Association. (2017). Voice Disorders. Retrieved from <http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589942600&section=Overview>
- Bhattacharyya, N. (2014). The prevalence of voice problems among adults in the United States. *Laryngoscope*, 10. <http://doi.org/10.1002/lary.24740>