On April 16th, the National Center for Voice and Speech recognized World Voice Day with otolaryngologists and other health professionals around the world. In commemoration with World Voice Day and National Hearing and Voice Month, the NCVS has compiled “Vocal Tips to Live By” to help keep your voice healthy and keep you talking.

**VOCAL TIPS TO LIVE BY**

- Try to avoid substances that can dry out your voice, such as cough drops with menthol, caffeine, and alcohol. Certain medications can be drying as well, so ask your physician about potential drying effects if you use your voice extensively (for a list of the 200 most frequently prescribed medications in the U.S. and their effects on voice and speech, visit http://www.ncvs.org/ncvs/info/voice.html).

- Stay hydrated. Drinking about 8 large glasses of water today spread out over the day will help your vocal cords tomorrow. Alcohol, caffeine, and carbonated beverages work against you; these may soothe your throat but are detrimental to your voice.

- Try not to shout, scream or speak over loud background noises for a prolonged period of time – this can seriously damage your voice. (Sorry, sports fans)

- Repeated clearing your throat or coughing can cause trauma to the vocal fold tissue. Instead, try using “a silent cough” to clear mucus – you do this by making the sound “huh” with a burst of air but no voice. Instead, try using a mouthwash with a gentle numbing effect to soothe your throat. (Sorry, sports fans)

- Build in little vocal breaks throughout the day to help with vocal recovery and to prevent vocal fatigue (even eating lunch alone instead of with your colleagues can provide a beneficial rest to your voice on days you use your voice the most).

- Stress can make your voice tense and tight. There are voice disorder which are related to muscle tension. Make time to relax each day.

- Don’t smoke anything. Smoking actually breaks down the cellular repair process built in the vocal mechanism, resulting in increased vocal fatigue, susceptibility to vocal trauma, and increased risk of laryngeal cancer.

- Get enough sleep. Sleep is your body’s prime time for repair. Not only does your voice need the rest and repair, but so does the rest of you.

- Remember hoarseness or breathiness that lasts for more than two weeks may signal a voice disorder and you should consult with a voice pathologist. This is typically a voice therapy certification of the American Speech-Language Hearing Association, or a laryngologist (a doctor who specializes in the voice).

### VOCAL VIBRATIONS

**NCVS Celebrated World Voice Day with public tours April 26, 2006**

On going activities had the NCVS labs open for tours for the public to see research happening in the NCVS. The Parkinson’s Team showed videos of how the Lee Silverman Voice Treatment (LSVT) has improved lives of people with Parkinson’s Disease and people with Down Syndrome. They also demonstrated the Virtual Therapist – where people can receive LSVT remotely via computer. The Occupational Voice Team showed their research in ‘Caring for the Teaching Voice’ – demonstrations and information about on-going research into vocal fatigue and strategies being developed to prevent vocal fatigue. There was also an exhibit for the public to explain fact and fiction about voice recognition and voice prints often seen in movies. The Tissue Engineering lab was also open for the public to learn about how voice scientists are studying cells to determine how the cells in our body respond to vibration and other related voice topics. Finally, our old friend Pavarobotti was on-hand to great the public to learn about how voice scientists are studying cells to determine how the cells in our body respond to vibration and other related voice topics.

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**GREETINGS FROM THE NATIONAL CENTER FOR VOICE AND SPEECH**

This is the ninth issue of our newsletter Vocal Vibrations. It is designed to help keep you—our friends, clients, workshop participants, board members, fellow researchers and former students—aware of the exciting work taking place at the National Center for Voice and Speech. The NCVS is the world’s only voice research and clinical care facility integrated into a performing arts center.

We hope you find this newsletter informative and interesting. We invite you to take a few minutes to read about the latest news from the National Center for Voice and Speech at The Denver Center for the Performing Arts and the University of Iowa. This issue focuses on our Denver site and some of its investigators.

I’m pleased to announce that Dr. Tobias Riede, a well-known researcher from Berlin, Germany, and Dr. Douglas Monteagre, a researcher and clinician from the University of Madison, Wisconsin, have joined us. Their biographies are featured in this issue.

The NCVS Team just before the World Voice Day activities.
Caring for the Teaching Voice

Early one quarter of the U.S. workforce depends on a healthy, versatile voice as a tool for their profession. A healthy voice is a primary component of life for many people, used by teachers, business professionals, sales personnel, lawyers and counselors, for example. The most common cause of voice problems among working Americans is overuse, a relentless abuse of the vocal folds that leads to chronic strain and long-term damage.

The Voice Academy was developed specifically for schoolteachers, other workers whose voice is stressed, and anyone interested in learning to use their voice for the best possible results. The Voice Academy is an interactive online course, with engaging visualizations and audio instructions that help you learn about voice in a way that is easy to remember and apply to your daily life.

VOCATIONAL VOICE USERS AVAILABLE TO OCCUPATIONAL VOICE USERS 24/7

Recent changes to the NCVS website make it easier than ever to access the Voice Academy. You can now register for the course and access the course materials 24/7, at any time that is convenient for you.

Learn More About the Voice Academy

Teaching is an art form. No other profession has the potential to bring so much joy and fulfillment to so many. But teaching is also a demanding profession. Teachers are often faced with the challenge of balancing the demands of their profession with the need to care for their own health. Teaching can be emotionally and physically demanding, and it can take a toll on teachers’ voices.

The Voice Academy is designed to help teachers learn about voice and voice health, and to give them the tools they need to maintain a healthy voice. The course includes interactive lessons, videos, and hands-on exercises, and it can be completed at the teacher’s own pace.

Why Are Teachers Particularly Susceptible to Voice Problems?

Teachers are at risk for voice problems because their profession requires them to use their voices extensively, often over long periods of time. This can lead to vocal strain, which can cause voice problems.

Research shows that teachers are at higher risk for voice problems than other professions, and that these problems can have a significant impact on their daily lives. Teachers may experience pain or discomfort in their throat or chest, or they may experience difficulty breathing or speaking.

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Quality Training Resources

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Quality Training Resources
KayPENTAX offers a full range of stroboscopy systems from entry level to the most advanced. For the ENT, or speech-language pathologist, who is beginning a specialty area in voice, the basic strobe system offers excellent value, is cost-effective, and enables clinicians to offer optimal patient care. And entry-level systems can be upgraded to the technologically advanced Digital Strobe at any time. KayPENTAX stroboscopy systems are used in the top ENT clinics internationally because of the company’s long experience and leading reputation in the area of voice.

All KayPENTAX systems rely on a true strobe light source providing superior image quality for both rigid and flexible endoscopy. Key aspects of stroboscopy such as robust pitch extraction, anti-Stinkling circuitry, and broad dynamic range have been carefully designed into the system. The acclaimed Digital Strobe system now provides a database of stroboscopic recordings of laryngeal pathologies, patient education software, and acoustic analysis software to profile a patient’s voice before and after treatment. These are offered at no additional expense.

In addition to stroboscopy, KayPENTAX instrumentation includes the areas of acoustics (assessment and therapy), aerodynamics, high-speed video, electroglottography, videokymography, and swallowing. Visit our Web site for an overview of all KayPENTAX products (www.kaypentax.com).

KEY FEATURES:
- Cost-effective, entry-level system
- Superior image quality with rigid and flexible endoscopes
- True stroboscopic light source
- Excellent pitch extraction across a broad range of voices
- Feature-rich software in Digital Strobe (report generator, database, image tools)
- Easy, affordable upgrade path to Digital Strobe for all customers
- New valuable “extra” with Digital Strobe system

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