

For a Voice You Like

- Avoid shouting, yelling or screaming
- Avoid clearing your throat or coughing
- Stop or reduce smoking, coffee and alcohol
- Decrease the amount of talking and singing
- Talk in a relaxed manner
- Avoid talking in noisy places
- Reduce the loudness of your voice whenever possible
- Ask your physician if you would benefit from a consultation with a Speech Language Pathologist

Voice Treatment Team

- Speech Language Pathologist
- Social Worker
- Otolaryngologist (ENT)
- Communications Disorder Assistant



TO MAKE A REFERRAL

Physicians may send referrals by fax or by mail to:

**Hotel Dieu Shaver
Health and Rehabilitation Centre
541 Glenridge Avenue
St. Catharines, ON L2T 4C2
Fax 905-688-9905**

*Please include the word
'videostroboscopy' in your referral.*

FOR MORE INFORMATION

The Niagara Voice Program
905-685-1381 ext. 5256

www.hoteldieushaver.org



Niagara Voice Program

Helping Niagara One Voice at a Time





What is Voice?

The vibration of two small bands of muscle known as the vocal folds produces the sound we hear as voice. The vocal folds are located in your larynx, which is sometimes called your voice box or your "Adam's Apple". When something interferes with the smooth vibration of these muscles, your voice will sound different.

Common Voice Problems

Is your voice...

- Too loud?
- Too soft?
- Hoarse or harsh?
- Limited in pitch range?
- Strained sounding?
- Hypo or hyper nasal?
- Inappropriate for your age or gender?
- Weak or tired?

If so, then you may benefit from services offered by the Niagara Voice Program.

Treatment Approach

Treatment is provided through specialized treatment groups, such as groups for seniors, teachers, actors, vocalists, and a group for the general public. Individual therapy is also offered, as required.

Program Components

Assessment

- Videostroboscopy (video images of your vocal cords)
- Consultation with an Otolaryngologist (ENT)
- Voice use and stress profile
- Computer analysis of vocal function

Voice Education

- How the voice is produced
- What causes voice problems
- How stress affects voice
- Voice care techniques
- Introduction to voice exercise

Treatment

- Warm-up activities
- Proper breathing for speech
- Pitch and tone correction
- Relaxation techniques
- Lifestyle changes
- Stress management skills

Home Program

- Ongoing vocal exercises
- Maintaining lifestyle changes

