

What can I do to prevent voice problems?

You can reduce the chance of developing voice related problems by following these tips

Lifestyle changes

- ◆ Drink 8-10 glasses of water
- ◆ Take frequent sips of water (once in 20 –30 min)
- ◆ Avoid coffee & carbonated drinks
- ◆ Avoid smoking & alcohol consumption
- ◆ Avoid sour, spicy & oily foods
- ◆ Have a balanced diet at regular intervals
- ◆ Avoid throat clearing

Occupation related modifications

- ◆ Face the students & speak
- ◆ Schedule classes with breaks in between
- ◆ Use microphone to address a large group
- ◆ Avoid speaking loud over classroom noise
- ◆ Avoid speaking in the presence of dust
- ◆ Watch your speaking environment

This pamphlet is intended for public education purpose only and is no way intended to replace clinical advice provided by a qualified professional

For voice assessment and treatment

Contact:

clinics.slhs@sriramachandra.edu.in

Sri Ramachandra Medical Centre & Hospital

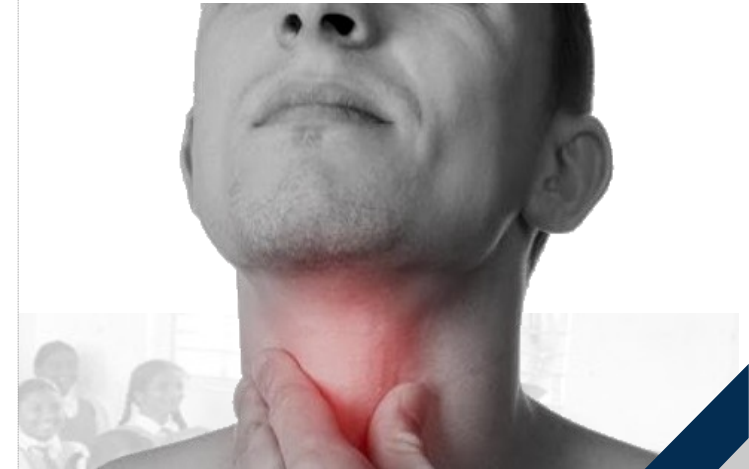
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making a difference
in clients with communication problems

IS YOUR VOICE AFFECTING YOUR TEACHING CAREER?



SEEK OUR CARE &
GUIDANCE

FOR A VOICE
THAT FITS YOUR
TEACHING

Is my voice healthy?

You are considered to have healthy voice if you are capable of using your voice with ease and meet your personal, professional and social expectations.

Why am I vulnerable to develop voice problems?

Teachers like you are professional voice users who rely completely on your voice for your occupation.

Teachers are vulnerable to develop voice related problems due to prolonged loud speaking/ teaching in the presence of background noise. Certain vocal & non vocal habits like throat clearing, chronic cough, altered styles of talking (loud, whisper), smoking etc can predispose voice problems.

What are the common symptoms?

- ◆ Vocal tiredness (vocal fatigue)
- ◆ Increased effort to talk
- ◆ Changes in voice quality
- ◆ Difficulty to sustain loudness of voice
- ◆ Throat pain or throat irritation
- ◆ Voice breaks
- ◆ Dryness of throat

In India, **49%** of teachers report of voice related problems with high proportion of female teachers

(Times of India, September 2018;
Sathyanarayana, Boominathan & Nallamuthu
Journal of Voice, 2019)

What are the possible causes?

Personal & lifestyle related

- ◆ Inadequate intake of water
- ◆ Hormonal changes
- ◆ Inappropriate diet
- ◆ Inadequate sleep & exercise
- ◆ Altered/affected physical & psychological health (stress, depression etc.)

Work related

- ◆ Amount of voice use (long hours of teaching or extra classes for students)
- ◆ Poor acoustic environment
- ◆ Speaking in the presence of background noise
- ◆ Not using amplification/ systems/ microphone & speaker
- ◆ Compromised teacher student ratio
- ◆ Poor air quality/ chalk dust
- ◆ Increased work stress

Whom do I seek for help ?

If you are experiencing any of these concern, approach a voice care team that include an ENT surgeon and Speech Language Pathologist/ Voice specialist. These professionals are specialized in identifying the underlying cause, assessment of the voice problems and in providing necessary treatment.



What is voice therapy?

Voice therapy involves a wide range of approaches focusing on:

- ◆ Providing specific vocal hygiene tips & strategies
- ◆ Improving your posture
- ◆ Improving your breath support for speech & teaching
- ◆ Relaxation exercises to reduce tension in neck & shoulder muscles
- ◆ Laryngeal massage to reduce tension in laryngeal muscles
- ◆ Specific exercises to improve the flexibility & endurance of voice
- ◆ Voice management strategies in classrooms

Voice problems when treated help you continue your career!