



# Dysphonia

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## What is dysphonia?

Dysphonia is a disorder that changes how our voice sounds.

## What causes dysphonia?

- A problem with your voice box
- Surgery, stroke or brain injury
- Disorders of the nervous system such as Parkinson's disease or Motor Neuron Disease
- Misuse of the voice. For example, a lot of yelling
- Damage to the nerves
- Psychological causes

## A Speech Pathologist can

- Check your voice and find the best treatment for you
- Arrange for you to see a specialised doctor to test your voice box



## Tips for you

- Drink lots of water
- Avoid alcohol and caffeinated drinks (such as coffee, tea or cola)
- Avoid dusty or smoky environments
- Avoid smoking
- Avoid throat clearing and coughing. Drink water instead
- Stand close to the listener. Don't strain your voice
- Avoid talking over loud noise (for example, TV or music)
- Avoid yelling/shouting
- Avoid excessive talking

## Useful websites

[www.asha.org/public/speech/disorders/voice](http://www.asha.org/public/speech/disorders/voice)

**Talk to your Speech Pathologist for more information.**

**Your Speech Pathologist is:** \_\_\_\_\_