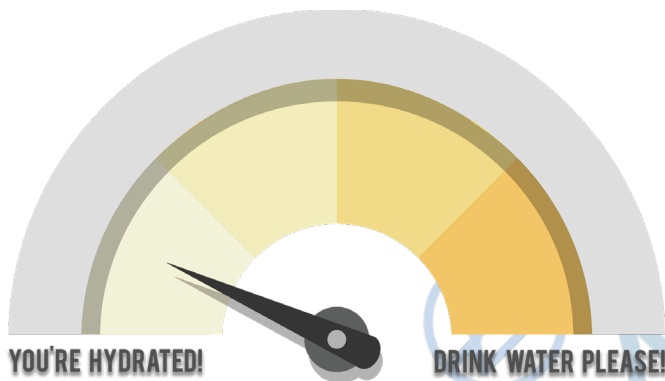


VOCAL HYGIENE GUIDELINES

1 Stay Hydrated!

If you're not sure how hydrated you are, check the color of your urine.



2 Compensate for Dehydrating Agents

These tend to make one lose water quicker; however, how much water one loses is different from person to person. If one or more of these factors is present in your life, consider drinking more water to compensate.



3 Reduce High Intensity Voice Use

Prolonged talking, screaming, yelling, chronic coughing or throat clearing all can cause nodules, polyps or cysts to form on the vocal folds.



4 Limit Smoke Inhalation

Both direct smoke inhalation and secondhand smoking cause dehydration and permanent damage to the larynx, lungs, and mouth.



5 Control Allergen Exposure

Both allergens and many allergy medications can affect one's ability to produce a clear, healthy sound. Research and discuss with your doctor to find the least dehydrating medication which works for you.



6 Manage Reflux

Reflux is when stomach acid leaks up the esophagus and on to the vocal folds. This exposure to caustic acid can cause or increase vocal fold damage. Discuss treatment with your speech-language pathologist or primary care physician.

