

How to Keep Your Voice Healthy

- Speak with an appropriate loudness level for your surroundings. Don't yell or speak very loudly in noisy areas like restaurants, stadiums, etc. to be heard. Use a microphone and in-ears or monitors directed at you so you can hear your voice well when you talk to a large group.
- Speak and sing in the appropriate range for your particular voice. And, remember that the voice is an instrument so keep the air moving, but not breathy.
- Avoid smoking and smoke-filled areas. If you do smoke, stop. Don't use smokeless tobacco.
- Keep your body well-hydrated by drinking water and avoiding caffeine products. If you drink alcohol, do so in moderation. Use fruits and vegetables that are rich in water content as an addition to water intake or a supplement.
- Monitor your voice quality throughout the day. If your voice becomes tired or begins to be hoarse, give your voice a rest and try to understand and avoid the behavior that got you in trouble. Avoid making voice 'in your throat' centered and never feel effort in your throat when you speak or sing.
- If hoarseness lasts for two weeks, have your local ear nose and throat doctor check your voice to rule out any serious problems.
- Get plenty of rest, manage your stress, maintain a good physical exercise regimen, and eat healthy foods.
- To avoid coughs and colds, wash your hands frequently during the day with soap and water or alcohol gel.
- If you have a sore throat or your voice is hoarse because of an illness, avoid excessive talking or singing.
- Be aware of the drying effects of your medications (prescription and over-the-counter).
- Stay away from sprays and other inhaled chemical agents that can harm your throat and your voice. Try to avoid dusty places.
- Watch your neck in the mirror during speaking and singing and check for muscles jumping into action when you talk or sing. If the veins in your neck are more prominent during voice production, seek the help of a professional.
- Avoid using a stage whisper (a loud whisper sound).
- "Use your voice like it is money; spend it wisely!"

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