

DO YOU HAVE A VOICE DISORDER?

SYMPTOM CHECKLIST

According to the American Speech and Hearing Association's website (ASHA.org), "A voice disorder occurs when voice quality, pitch, and loudness differ or are inappropriate for an individual's age, gender, cultural background, or geographic location." The medical term for a voice disorder is "Dysphonia."

Some signs and symptoms of dysphonia include the following:

- roughness (*perception of aberrant vocal fold vibration*)
- breathiness (*perception of audible air escape in the sound signal or bursts of breathiness*)
- strained quality (*perception of increased effort; tense or harsh as if talking and lifting at the same time*)
- strangled quality (*as if talking with breath held*)
- abnormal pitch (*too high, too low, pitch breaks, decreased pitch range*)
- abnormal loudness/volume (*too high, too low, decreased range, unsteady volume*)
- abnormal resonance (*hypernasal, hyponasal, cul de sac resonance*)
- aphonia (*loss of voice*)
- phonation breaks
- asthenia (*weak voice*)
- gurgly/wet sounding voice
- hoarse voice (*raspy, audible aperiodicity in sound*)
- pulsed voice (*fry register, audible creaks or pulses in sound*)
- shrill voice (*high, piercing sound, as if stifling a scream*)
- tremulous voice (*shaky voice; rhythmic pitch and loudness undulations*)

Other signs and symptoms include

- increased vocal effort associated with speaking
- decreased vocal endurance or onset of fatigue with prolonged voice use
- variable vocal quality throughout the day or during speaking
- running out of breath quickly
- frequent coughing or throat clearing (*may worsen with increased voice use*)
- excessive throat or laryngeal tension/pain/tenderness

** www.asha.org/PRPSpecificTopic.aspx?folderid=8589942600§ion=Signs_and_Symptoms



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