

Voice Factsheet

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COMMON VOICE PROBLEMS

Children or adults may have a voice problem when they experience:

- A hoarse, husky, croaky, strained or shaky voice.
- A voice that doesn't carry well over background noise or across large distances.
- A voice that doesn't have its usual variation and flexibility in pitch & loudness.
- A feeling of a tired voice after talking.
- A tight, scratchy, dry, uncomfortable or sore throat during/after talking.
- A need to cough or clear the throat during/after talking.

WHY ARE VOICE PROBLEMS IMPORTANT?

The voice provides the basic sound for speech & singing. Our voice tells others a lot about our emotions, personality and physical & emotional health. Anything that reduces our ability to use our voice can have a negative impact on our lives.

Even a very mild or occasional voice issue can interfere with our quality of life and ability to communicate.

'Empowering people to Speak & Eat with Confidence'

WHAT CAN CAUSE A VOICE PROBLEM?

While most voice problems are caused by a combination of factors, the most common is 'vocal load' (how much we use our voice without taking voice breaks or over noise).

Emotional factors like anxiety, and other health & lifestyle factors (acid reflux, viral infections) may also combine with high vocal load leading to voice issues. They can also be caused by medical conditions (Parkinson's, some cancers, thyroid issues, autoimmune conditions).

WHO DOES IT EFFECT?

Anyone can develop a voice problem? About 9% of children and 6% of adults will have a problem. Women are more likely to develop voice issues than men.

Occupational voice users (e.g. teachers, child care workers, vocal performers, call centre workers, media presenters) are most at risk with around 18% having a voice problem at any one time, & up to 60% experiencing a voice problem atleast once during their career.



How to Find Help

If you have any symptoms for more than 7 days, ask your doctor to refer you to an Ear, Nose & Throat (ENT) Specialist, who is experienced in diagnosing voice issues.

The ENT will provide strategies to support, which often includes Speech Pathology input.

Amelia has experience and a strong passion in helping people managing voice difficulties. We can support you to adjust your lifestyle habits and introduce voice exercises to improve your voice skill.

Treatment Solutions

At S&SG, we take a multi-dimensional and holistic approach in supporting voice use. This involves:

- Health & Lifestyle strategies to optimise your voice.
- Daily Warm Up exercises
- Stress-management (mindfulness exercises)
- Rehabilitation exercises to improve vocal fitness levels.

Thank You.

We look forward to helping you.

Contact Us

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