

Abstract:

Vocal health can greatly impact the lives of singers and non-singers alike. Among singers, it is common to understand the importance of vocal health. Yet this information is rarely discussed with non-vocalists. Since non-singers are typically unaware of signs of vocal strain, they are less likely to recognize damage to their own voice. A study was conducted in Portugal that used a mobile game to ask participants questions about themselves, their voice, and their knowledge of vocal health. This study indicated that the more knowledge individuals had about voice care, the better they preserved their voice. A study conducted by the author showed similar results. Practices supporting vocal health should be considered by all individuals because the fundamental ideas behind caring for your voice are daily habits that can contribute to greater health overall.

"The Pertinency of Practicing Vocal Health Within the Lives of Singers & Non-Singers"

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Thesis:

Singers are more likely to understand the impact of vocal health practices on voice longevity than non-singers. Singers are more likely to implement vocal health practice which can benefit their health overall.

Vocal Health for Singers

- Singers who overuse their voice, for example, sing too loudly, without a balance of quiet time are vulnerable to vocal injury.
- Performers under stressful work environments with many hours singing are also vulnerable.
- Incorporating vocal health into teaching as a music teacher can be vital to recognizing problems with vocal health and hygiene before those issues worsen.

Vocal Health for Non-Singers:

- "Why should I care about vocal health?"
- If you are someone who uses your voice frequently, such as a teacher, public speaker, sports coach, or even someone who sings in the car on your commute to work, vocal health is important for you to understand.
- Being able to recognize when it is time to rest your voice is vital to the preservation of this important part of our bodies.
- Vocal injury can happen to anyone!

Benign Mass Lesions

Polyps

- Surgery required typically
- Origin: phonotraumatic
- Other causes could be gastroesophageal reflux, smoking, aspiration of aggressive chemical substances, or intense respiratory activities.
- Polyps may originate from a single episode of abuse
- More resistant to speech therapy than nodules

Nodules

- Treated with voice therapy
- Origin: phonotraumatic
- Typically formed from vocal abuse over time
- Good results in speech therapy

Cysts

- Surgery required typically, however, patients should attend voice therapy first
- Symptoms: hoarseness, breathiness, pitch instability, diplophonia, & compensatory hyperfunction
- Frequently misdiagnosed as vocal nodules
- Causes: chronic voice overuse, suboptimal phonatory technique, certain medical conditions and medications, and environmental causes.
- Strict vocal rest, before and after surgery, can be helpful

Reinke's edema

- Surgery required typically
- Recent studies have suggested that laser treatment can be used to treat this
- Associated with chronic tobacco abuse, vocal abuse, and gastroesophageal reflux
- Patients are generally middle-aged women, and they have voice complaints of abnormally low speaking pitch and a rough voice quality.

How to Preserve Your Voice:

- Greater knowledge about voice care = better preservation
- Avoid unhealthy habits
- Maintain good posture
- Maintain good breath support
- Stay hydrated
- Limit caffeine and alcohol use
- Maintain an adequate amount of sleep
- Singers
 - Mental Practice
 - Warming up and cooling down the voice
- Overall, recognize when your voice is tired and when it is time to rest.

Results of Presenter's Research Study

Singers

- 19 participants
- Frequently partake in warm-ups and cool downs
- Have had discussions about vocal health in the past
- Only 2 of 18 participants smoke/vape sometimes
- Drink more water
- Most participants drink caffeine every day or frequently
- Most participants think about their vocal health all of the time or frequently.
- 4 participants reported previous vocal issues, such as vocal fatigue, tonsillectomies, reflux, tension, etc.

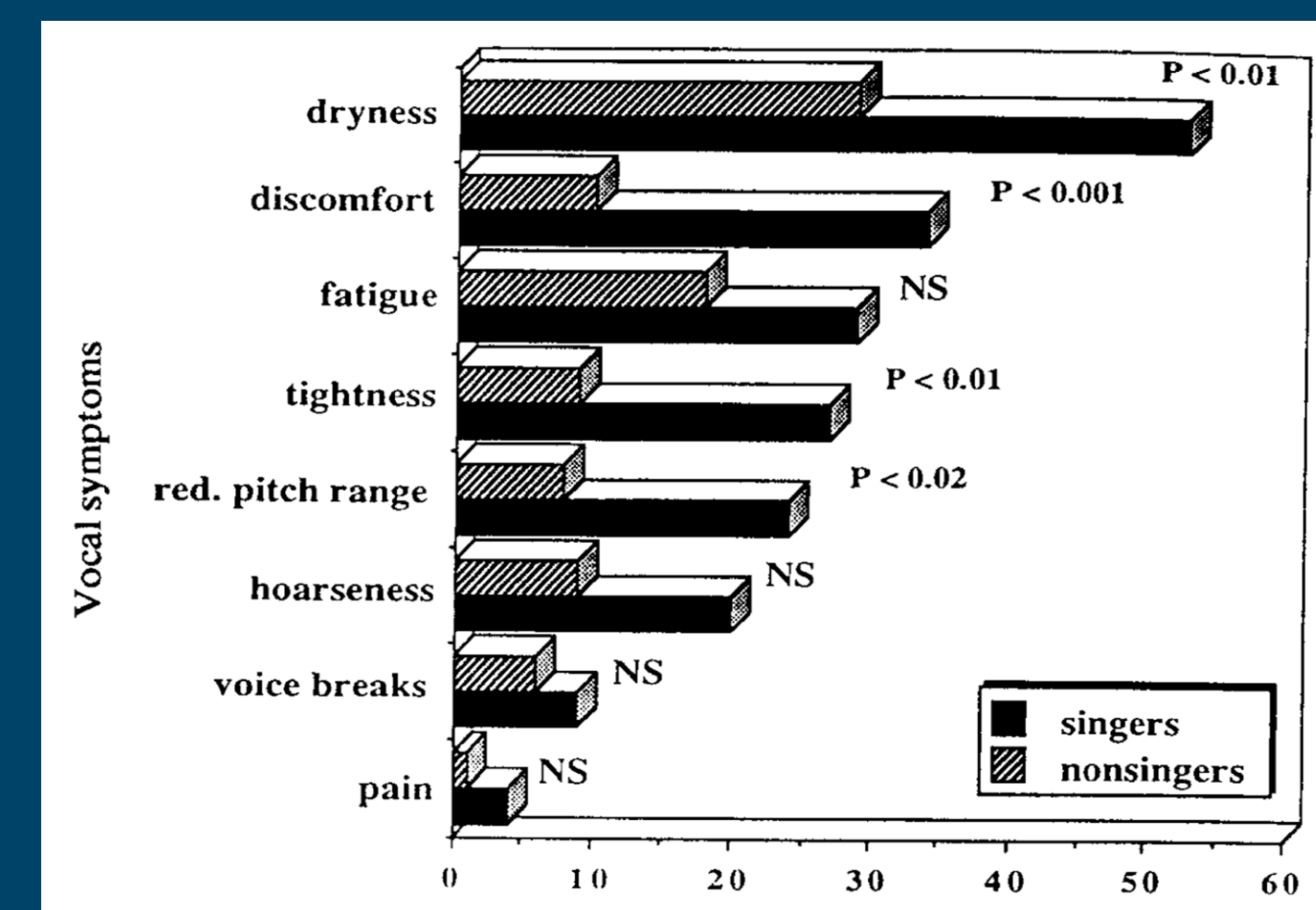
Non-Singers, Musicians

- 2 participants
- Little to no knowledge regarding vocal health
- Drink less water
- Drink caffeine every day or frequently
- 1 of 2 participants vapes/smokes daily
- 1 participant reported previous vocal issues due to vocal abuse

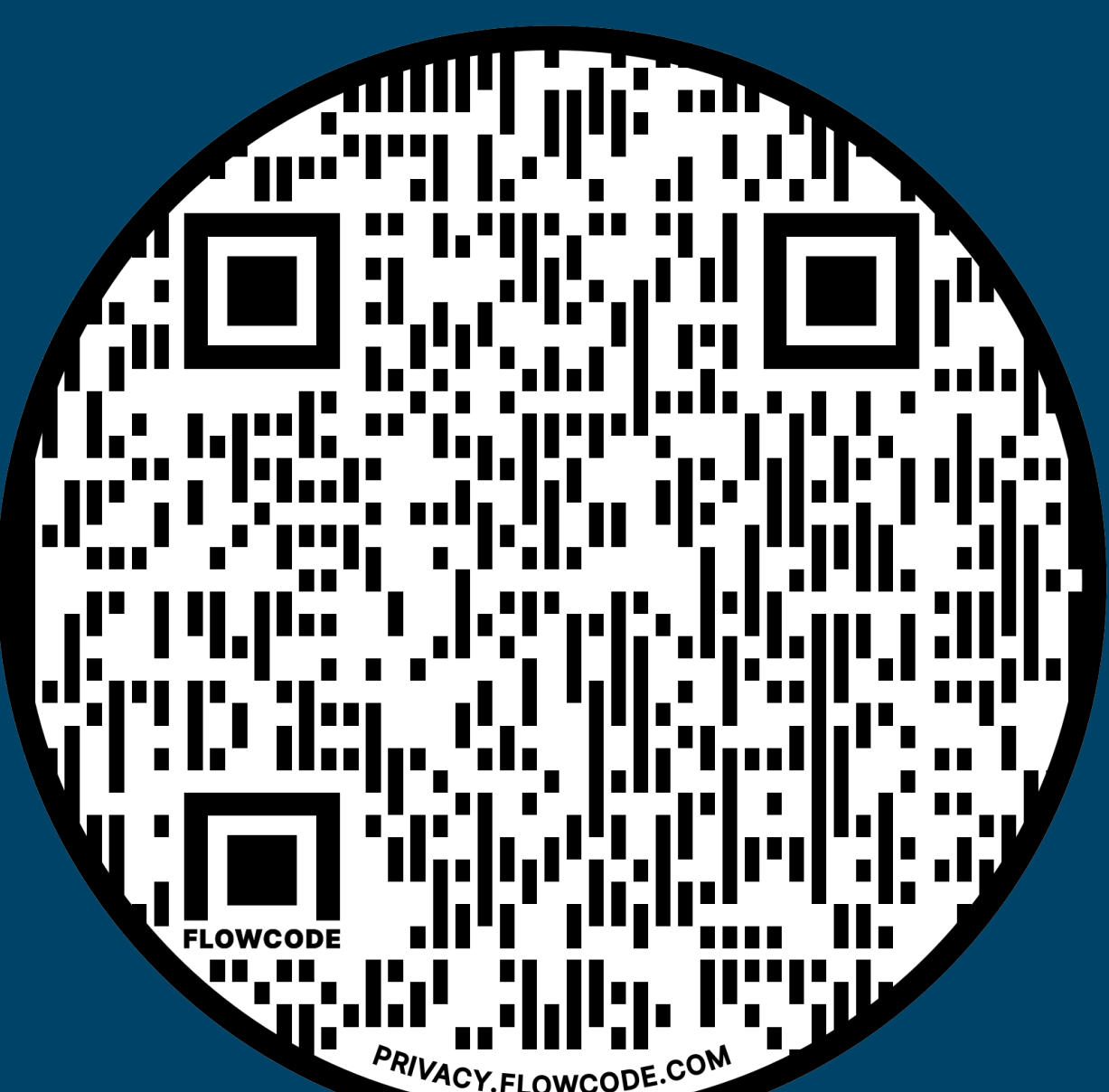
Non-Singers, Non Musicians

- 2 participants
- Little knowledge regarding vocal health
- 7 hours of sleep
- Frequently drink caffeine
- 32 - 48 oz of water a day on average

Symptoms Reported by Singers & Non-Singers About Their Voices



Presentation



Works Cited

