



## Voice change

### So, what is “voice change” or “hoarseness”?

Voice change, also known as hoarseness, originates from **some issue or disorder with the vocal cords** (part of the larynx or the voice box responsible for producing sounds). Voice change can be caused by many factors, but it may not be as serious if it heals within a few days. But if the voice change condition continues for more than a week, you should visit an ENT physician at the earliest opportunity to rule out larynx cancer.



**Remember in most cases, hoarseness can be relieved by resting the voice.**

To begin with, your doctor will first take a detailed history of your voice change problem and overall health, also do a physical checkup of the voice box and its surrounding area, a laryngoscope, which is a compact and flexible instrument with an in-built light that can be placed at the back of the throat. Post this, your doctor will then assess the quality of your voice. After that, depending on the findings of the physical investigation, your ENT physician may prescribe simple precautions or suggest lab tests (e.g. biopsy), x-rays, or thyroid function testing, etc.,

**Note:** Acute laryngitis is the most common cause of hoarseness and voice loss that starts suddenly. Most cases of acute laryngitis are caused by viral infections that lead to swelling of the vocal cords. When the vocal cords swell, they vibrate differently, leading to hoarseness. Dysphonia refers to having an abnormal voice. It is also known as hoarseness or voice change.



**Important note:**

**Smokers are at a very high risk of developing edema of the vocal cord (Rinkiess edema), which contributes to voice change.:**

Smokers will be counseled to give up smoking and get enough voice rest. Also, second-hand smoke, or passive smoking, is harmful. The doctor may ask you to avoid spicy food too.

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### **Few lifestyles and home remedies**

- ☐ Breathe moist air. Use a humidifier to keep the air in your home or office moist.
- ☐ Rest your voice as much as possible. Avoid speaking in a loud voice as well as whispering.
- ☐ Drink plenty of fluids to prevent dehydration (avoid alcohol and caffeine).
- ☐ Moisten your throat.
- ☐ Avoid decongestants.
- ☐ Avoid whispering.

### **Adjust your lifestyle habits and remember to follow your doctor's instructions to lead a healthy life**

- Dr. Prashanth R Reddy

“E.N.T. health - ENTry for better senses”.



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