

Duke Voice Care Center

Where Everyone Has a Voice





Voice Problems: Don't Just Learn to Live with Them

Voice problems can change the way you interact with others, the way you perform at work, the way you see yourself and your opportunities in life.

But many people who have voice problems think there's nothing they can do—that their problem is simply a natural part of aging, or a permanent injury, or a mysterious affliction that can't be explained or undone. Voice problems can be complicated in origin, but they can almost always be improved. More important, some voice problems are clues to a serious underlying condition. Whatever the cause, voice problems should not be ignored, and Duke's team of world-class vocal specialists can help.

Duke Voice Care Center: Expertise in Harmony

At the Duke Voice Care Center, we bring together the full range of vocal specialists to diagnose your problem accurately and treat it effectively. Whether you are struggling with your voice or simply want to improve it, the Duke Voice Care Center team is dedicated to helping you find your voice.

Your Voice Connects You to the World.

The voice is a person's primary way to communicate with friends, coworkers, family, and the world. We use our voices not only to communicate information, but also to express a wide range of emotion through speaking, singing, laughing, and more. Our voice is part of our identity and connects us to the world.

What Is a Voice Problem?

Anything that changes the way you talk or sing can be a voice problem. The sound of your voice is created by a complex system of nerves, muscles, cartilage, and bone all working together. Many factors can interfere with this process.

Do you have a voice problem?

- Hoarse, raspy, or rough voice
- Whisper voice or breathy voice
- Loss of pitch range
- Decreased loudness
- Pain or fatigue when speaking or singing
- Problems with singing voice
- Voice tremor
- Voice breaks

Voice problems can result from a variety of medical conditions, medication, or voice over-use. At the Duke Voice Care Center, we treat voice disorders from the common to the complex, including:

- Vocal nodules/polyps/cysts
- Chronic hoarseness
- Vocal fold hemorrhage
- Vocal cord paralysis
- Spasmodic dysphonia
- Vocal cord dysfunction
- Aging voice
- Parkinson's disease
- Cancer affecting the voice





The Team Approach

At the Duke Voice Care Center, we combine the expertise of our team of health care professionals to find the cause of your voice problem and develop an integrated plan to improve your voice. The team includes:

- **A specialized voice doctor, called a laryngologist.** This physician is an ear, nose, and throat doctor who has undergone specialty training related to voice disorders.
- **A speech pathologist** who specializes in voice disorders. He or she assesses how your voice is working, and how your environment and the way you use your voice may contribute to the problem.
- **A singing voice specialist,** who is a speech pathologist with extensive training and experience as a voice teacher and performer. He or she identifies factors that may be causing or contributing to problems with the singing voice and provides rehabilitation through exercises and training.



Diagnosis: Checking the Equipment

In order to accurately diagnose your voice problem, your appointment with the Duke Voice Care Center will involve a thorough medical history, a physical examination, and a full voice evaluation.

The laryngologist and speech pathologist will examine your vocal cords, taking magnified pictures and high-quality videos of the voice box in action. This helps us evaluate the anatomy of your voice box, measure the movement and vibration of the vocal cords, and evaluate all the parts of the sinuses, throat, and mouth that work to shape your sound. The speech pathologist also measures airflow and voice quality with special acoustic equipment.



Treatment: Getting Back on Track

All members of the Duke Voice Care Center team have a role in your treatment. We will work with you to coordinate the medical, surgical, behavioral, and practical aspects of your treatment plan. Every voice is different—so your customized plan could include any of the following:

- Medical treatments, including botox therapy
- Surgical treatments, including reconstructive and microsurgery
- Voice and speech therapy to help you take care of your voice and use it in the most efficient way
- Singing voice therapy
- Vocal hygiene counseling and management
- Vocal cord dysfunction management
- Pre/post-operative counseling
- Voice amplification
- Voice rehabilitation after cancer treatment or surgery
- Management of airway and swallowing problems

Our integrated approach is what ensures an excellent outcome for your voice.

Voice Enhancement Services: Find Your Perfect Pitch

From opera to gospel, from drill sergeant to pre-school teacher, millions of professionals depend on their voices for singing or speaking. Voice enhancement services at the Duke Voice Care Center can teach you ways to strengthen and improve your voice, as well as the proper techniques to preserve this precious instrument. Anyone with high-level vocal demands can benefit from Duke's voice enhancement services, including actors, attorneys, clergy, coaches, public speakers, radio and television journalists, salespersons and telemarketers, teachers, and singers of all styles.



Opera Company of North Carolina

Duke Voice Care Center

Department of Surgery

Division of Otolaryngology-Head and Neck Surgery

Duke Clinic (1H)

Durham, NC 27710

To make an appointment, please call:

919-681-4984

For more information, visit us online:

dukeent.org/voicecare



DukeMedicine

Duke Voice Care Center
DUMC 3805 Durham, NC 27710

919-681-4984

dukeent.org/voicecare