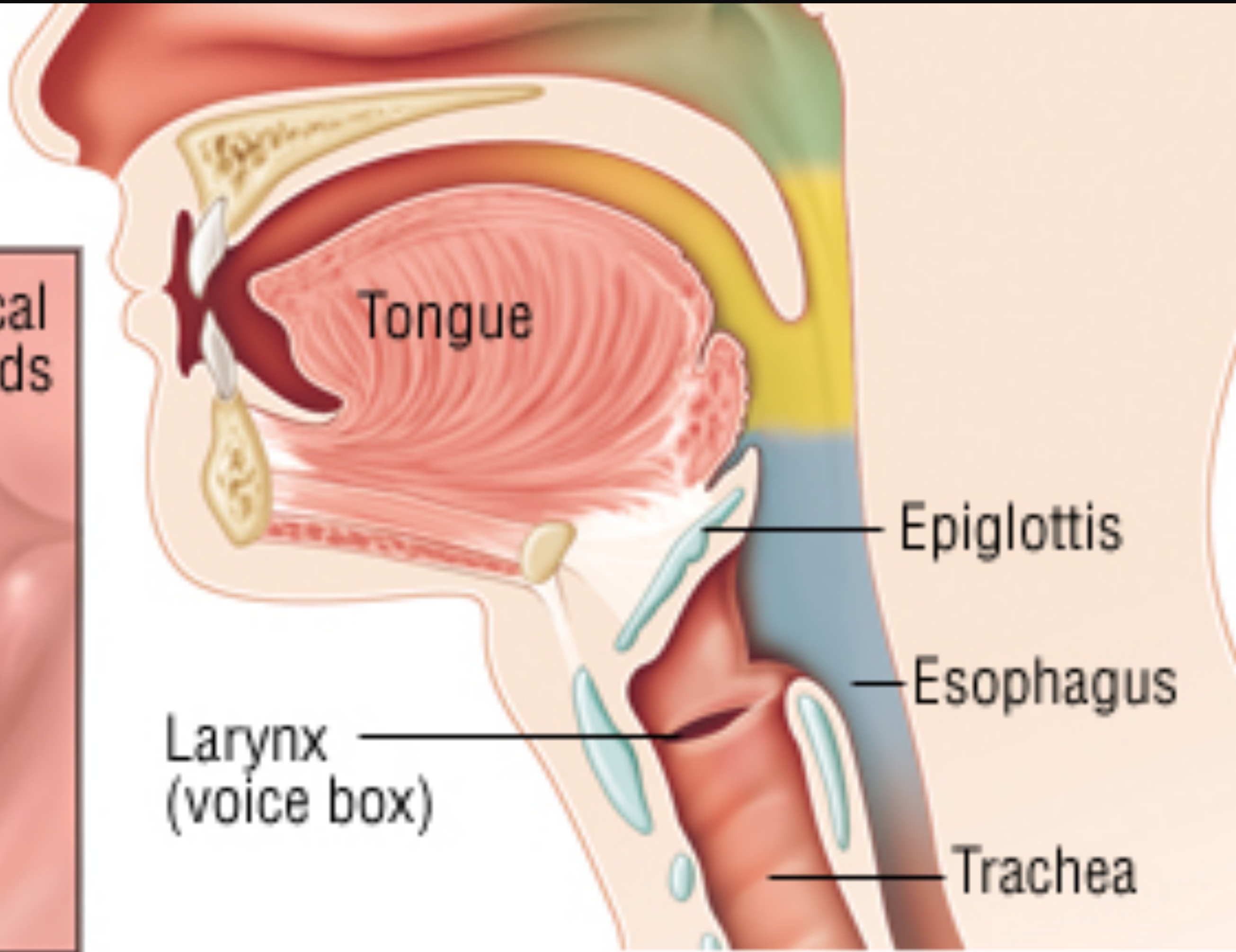
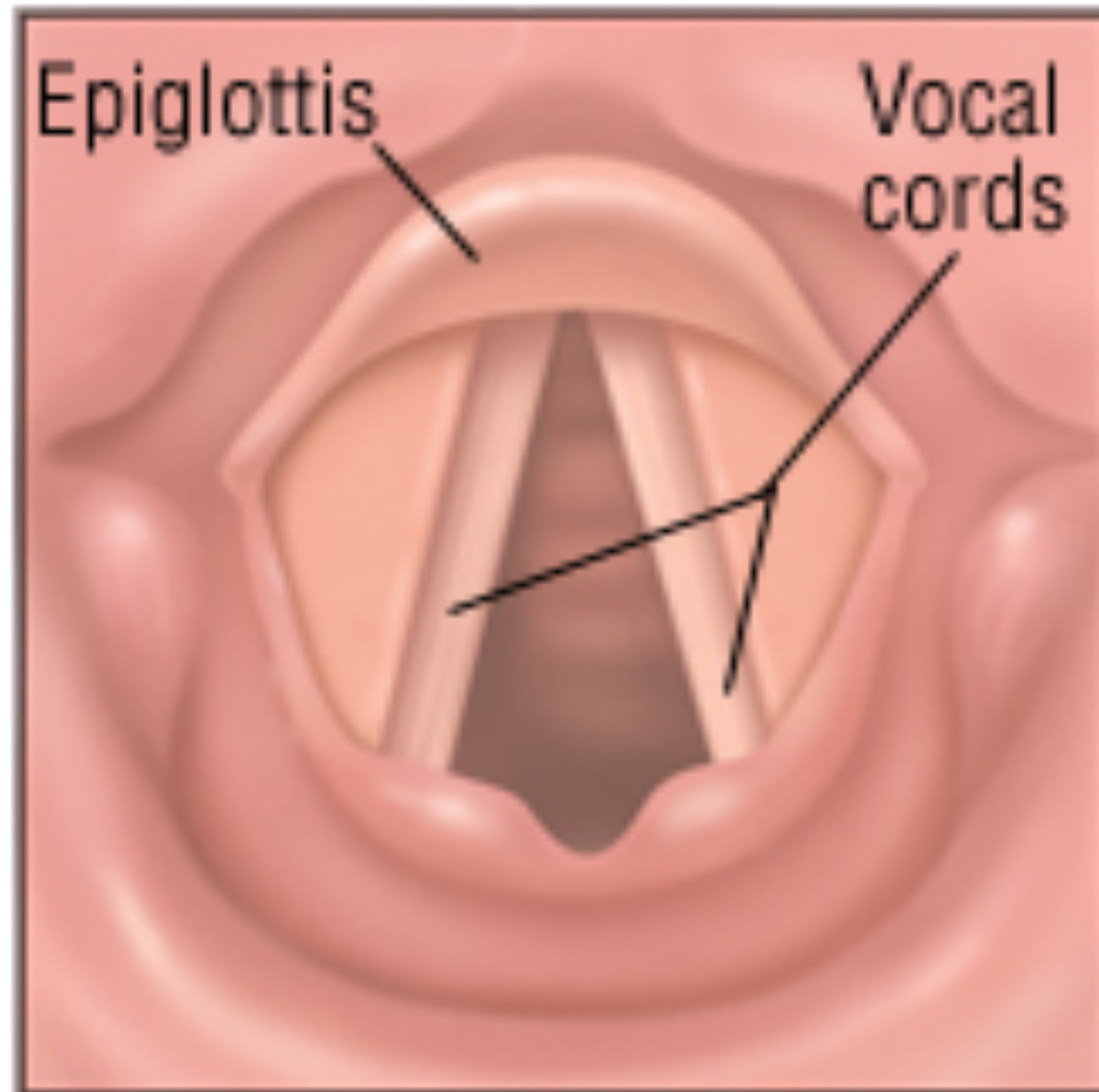


Where are your Vocal Chords?

Normal larynx



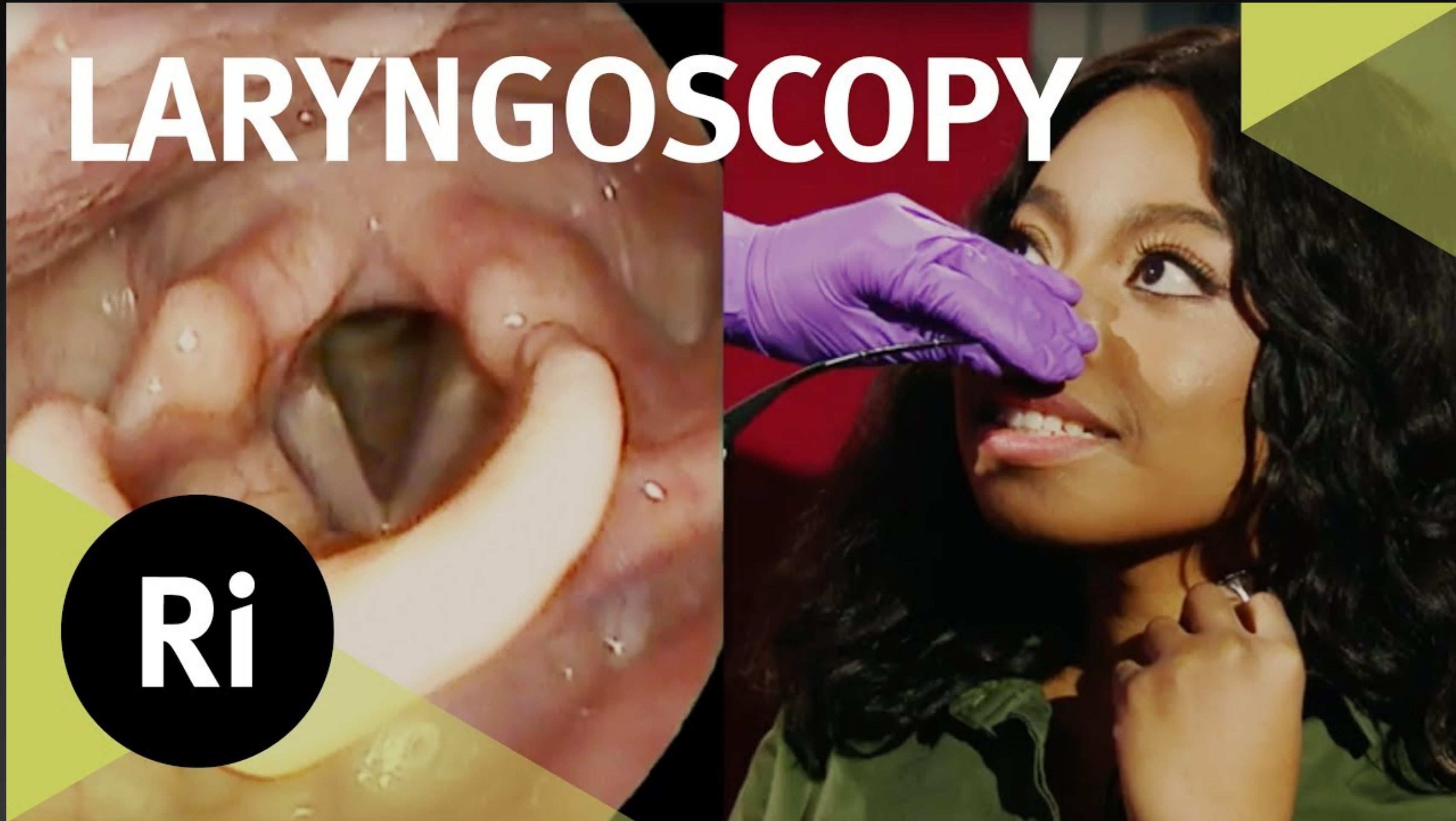
What are other names for the vocal chords?

- Vocal folds
- Voice organ
- Voice box

Your Vocal Chords

LARYNGOSCOPY

Ri



Your Vocal Chords



vocal cords in
open position



vocal cords in
closed position

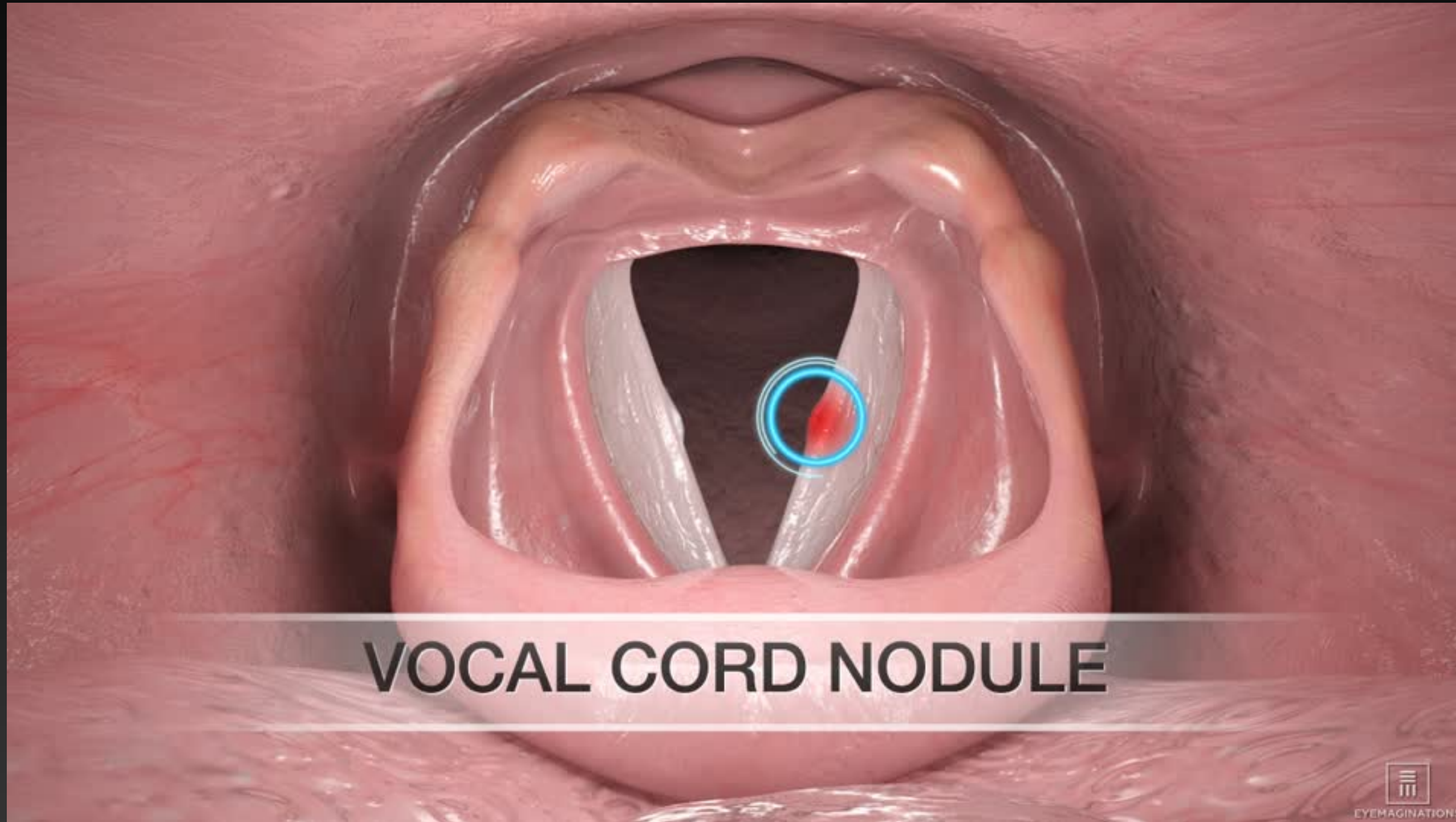


vocal cords attempting
closed position
(with one sided palsy)

Vocal Issue 1 - doesn't close

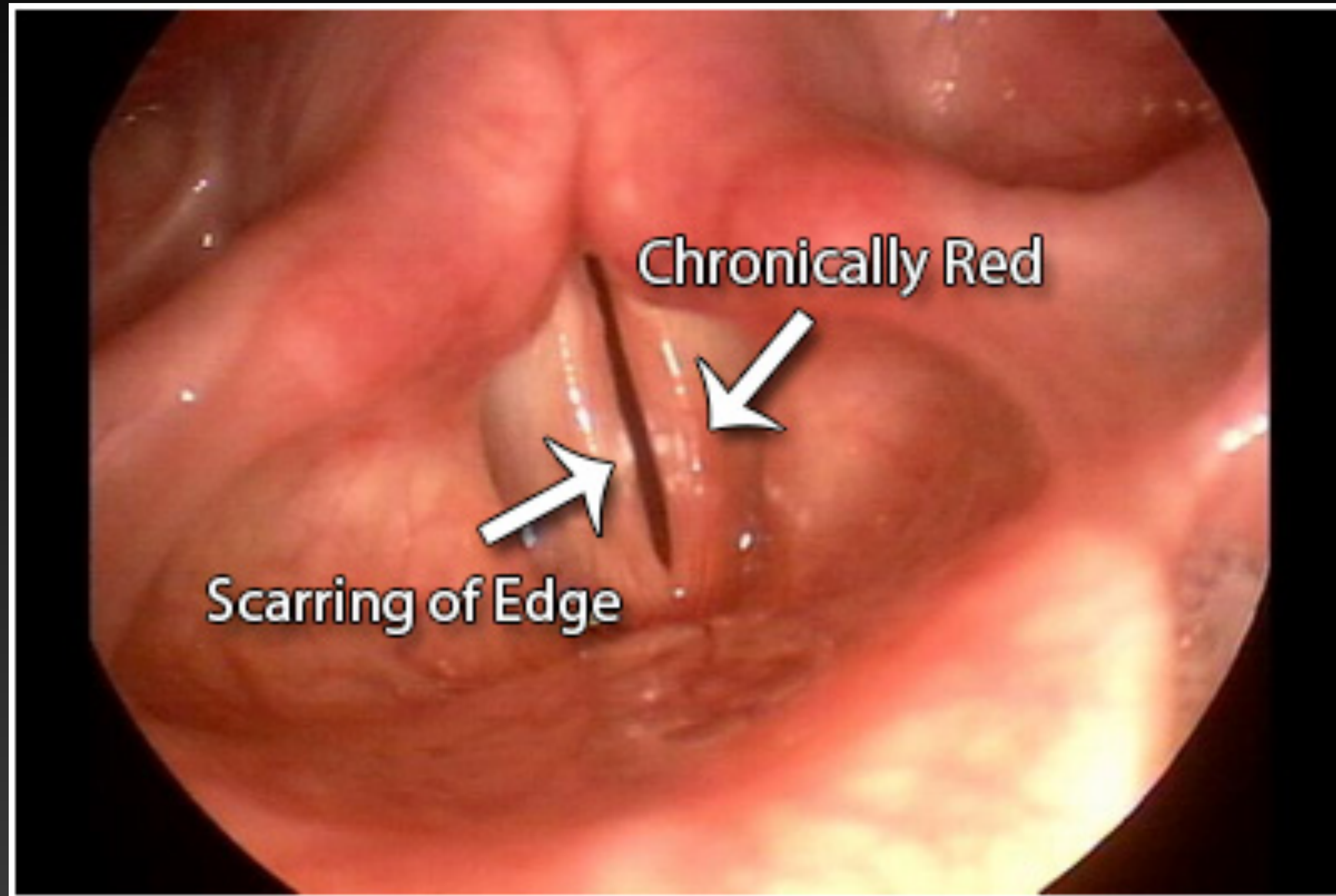


Vocal Issue 2 - Nodule



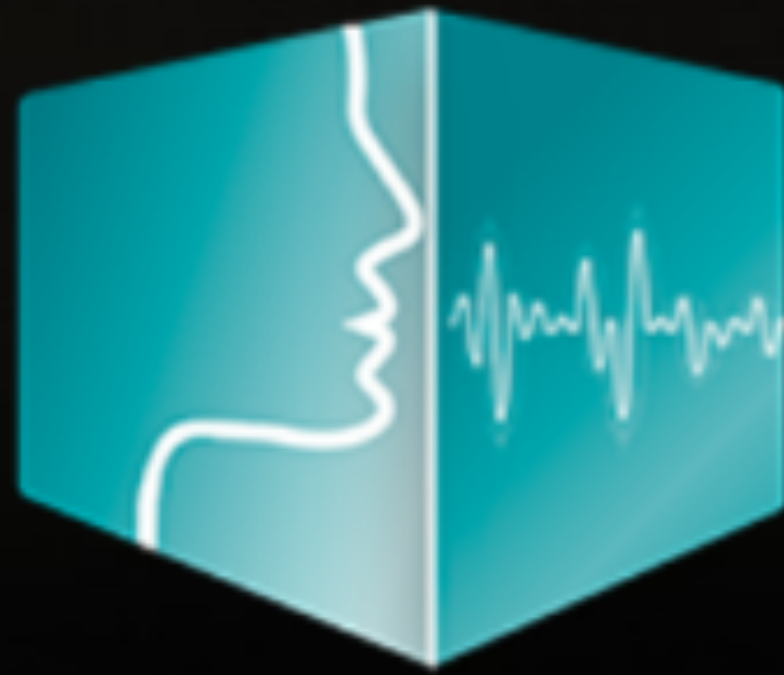
VOCAL CORD NODULE

Vocal Issue 3 - Overuse



What it can sound like





PROFESSIONAL
VOICE CARE CENTER

**HYDRATE FOR A
HEALTHIER VOICE**





1. Hydration is Key

The only way to hydrate your vocal folds is to keep your body hydrated by drinking enough water throughout the day.



2. Avoid Caffeine

Caffeine dehydrates the body. Avoid singing near the time you drink coffee/tea/hot chocolate/soda.





3. Use a Humidifier

Often air conditioned or even heated air is very dry. Dry air saps moisture from our bodies (and yes, our voices). Using a humidifier keeps this from happening.



4. Avoid Shouting

Suddenly increasing your volume in that way rubs your vocal folds together too aggressively. This can cause nodules or even polyps.

Ways to care for your voice!



- Hydrate!
- Steam the voice
- Rest the voice
- Avoid screaming or other stressors
- Don't sing when sick
- Avoid acidic or sugary foods