

DO YOU HAVE A VOICE DISORDER?

SYMPTOM CHECKLIST

According to the American Speech and Hearing Association's website (ASHA.org), *"A voice disorder occurs when voice quality, pitch, and loudness differ or are inappropriate for an individual's age, gender, cultural background, or geographic location."* The medical term for a voice disorder is "Dysphonia."

Some signs and symptoms of dysphonia include the following:

- roughness (*perception of aberrant vocal fold vibration*)
- breathiness (*perception of audible air escape in the sound signal or bursts of breathiness*)
- strained quality (*perception of increased effort; tense or harsh as if talking and lifting at the same time*)
- strangled quality (*as if talking with breath held*)
- abnormal pitch (*too high, too low, pitch breaks, decreased pitch range*)
- abnormal loudness/volume (*too high, too low, decreased range, unsteady volume*)
- abnormal resonance (*hypernasal, hyponasal, cul de sac resonance*)
- aphonia (*loss of voice*)
- phonation breaks
- asthenia (*weak voice*)
- gurgly/wet sounding voice
- hoarse voice (*raspy, audible aperiodicity in sound*)
- pulsed voice (*fry register, audible creaks or pulses in sound*)
- shrill voice (*high, piercing sound, as if stifling a scream*)
- tremulous voice (*shaky voice; rhythmic pitch and loudness undulations*)

Other signs and symptoms include:

- increased vocal effort associated with speaking
- decreased vocal endurance or onset of fatigue with prolonged voice use
- variable vocal quality throughout the day or during speaking
- running out of breath quickly
- frequent coughing or throat clearing (may worsen with increased voice use)
- excessive throat or laryngeal tension/pain/tenderness

** www.asha.org/PRPSpecificTopic.aspx?folderid=8589942600§ion=Signs_and_Symptoms

