



Steam, Straws & Stroboscopy: An Update on Vocal Health

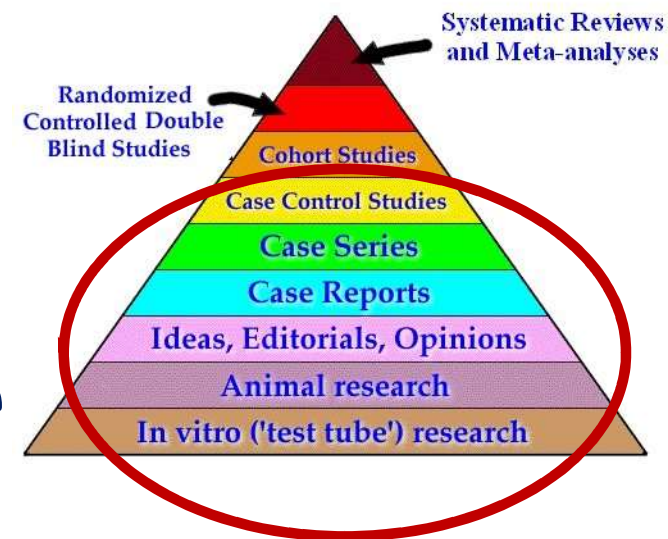
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Take Home Messages - 1

- Hydration is important for body, brain and larynx
- Steaming might still be useful
- Might use nebulized saline in the future



Take Home Messages 2

- Rest or reduce use if voicing is feeling effortful/strained or lower pitched.
- Follow ENT advice, but Total Voice Rest > 3 days or a week is rare now
- Often best to have Voice Therapy pre as well post Surgery

Take Home Messages 3

- Stroboscopy is essential for complete evaluation
- Seek help if voice changes last > month, or earlier if
 - High vocal demands
 - No URTI
 - Sudden loss of voice

Take Home Messages 4

- Laryngopharyngeal reflux can have a significant effect on the voice
- Avoid large meals/large amounts of water before lying down OR singing

Take Home Message 5

- Many medications can have a significant effect on the Voice
- Start with GP or pharmacist if concerned

National Voice/Laryngological Organisations

- [Australian Voice Association](#)
- [Laryngology Society of Australasia](#)

- [The Voice Foundation \(USA\)](#)
- [British Voice Association](#)



Good Sources of Health Information

- Better Health Channel
- Mayo Clinic
- Cleveland Clinic
- John Hopkins



Thankyou!

Elizabeth Savina

**Certified Practising Speech
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