

# Voice

## Are you abusing your voice?

Our voice is a very precious thing. Like all other precious items, it needs to be looked after!

Most people abuse their voice at some stage – but children will often abuse their voices continuously.

## CHILDREN: Vocal Abuse Behaviours

If your child yells or talks excessively, constantly engages in noisy play or just uses their voice incorrectly for extended periods, there is a risk of their voice being damaged.

### *Repeated vocal abuse can result in:*

- **A harsh, hoarse or husky voice (not associated with a cold)**
- **Periods of voice loss**
- **Breaks in the pitch of voice**
- **Decreased loudness**
- **Inability to say more than a few words before running out of breath**
- **Fibrous nodules which develop on the vocal cords**

*Remember - early detection and treatment is important! This will help prevent long term vocal problems.*

## ADULTS: Vocal Abuse Behaviours

If you are a professional voice user eg. Singer, Teacher, Barrister, Telemarketer, Secretary, Auctioneer or Salesperson you are more at risk of developing voice difficulties. If you talk or yell excessively or just use your voice incorrectly for extended periods, there is a risk of your vocal cords being damaged.

**NOTE:-**Examination by an Ear Nose and Throat Surgeon is always required before a Speech Pathology program is commenced.

Speech Pathologists are trained to assess, diagnose and treat people, in order to reduce damaging vocal behaviours and teach them better ways to use their

### *What to do:*

- **Contact us at Tyquin group Speech Pathology to discuss your voice.**

## About Tyquin group

Tyquin group is a professional clinic containing a practice of Speech Pathology and a Reading Clinic .

As speech pathologists, we are working toward helping the 14% of Australians that have a communication disability. In order to do this we actively promote not only our practice but the profession as a whole.

Language and Communication sciences over recent years have made enormous advances. Unfortunately there is little awareness of the large and diverse role that Speech Pathologists can play in the support and education of our young learning children.

In our Reading Clinic, we aim to help poor readers when other attempts have failed. We willingly explore the best technology on offer anywhere in the world. We also develop techniques to use in concert with this technology in order to achieve the most effective results.

Philosophically we strive to achieve results quickly. Though this is sometimes ambitious and not always possible, we believe that it is a worthy goal.

Tyquin group invites you to regard us as a point of contact for further information about any queries you may have.

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**Tyquin group**  
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Reading Clinic

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