

# How Professionals Can Care for their Voice

Tips for voice professionals who are getting back into the swing of things

## OPENING STATEMENT:

Singing and speaking in public are both demanding tasks that require constant maintenance, even for high level vocal professionals. However, life often gets in the way and most of us may have to take a break from singing or speaking in public at some point. As the Voice and Swallowing doctor on the East End, Dr. DePietro sees a lot of active retirees as well as young professionals who notice changes as they try to use their voice again on a regular basis. Part of this is the natural changes in the vocal folds (also known as vocal cords) that occur with aging and part of it is the need for fine tuning one's vocal technique after some time off.

## THE FIRST TIP IS SIMPLE:

Don't overdo it. If you used to sing in church when you were younger but haven't in 20 years, don't start with practicing 7 days a week for 3 hours a day. Your voice will become strained and you will be hurting yourself despite your best intentions. Just like runners who have taken a break, your body will need to get adjusted to the new workload. Being too overzealous too soon can lead to damage of the vocal folds such as polyps, nodules and sometimes even hemorrhage (bleeding)!

## THE SECOND TIP IS TO ALWAYS STAY HYDRATED.

The vocal folds come together and vibrate in order to produce the voice and they need to be moist in order to vibrate well. Make sure you are taking in an adequate amount of water and try to bring a water bottle with you wherever you go so you don't have to go out of your way to find a water fountain. If you notice dryness of the nose, you may want to try using a saline nasal spray a few times a day as the mucous membranes in the head and neck are all in continuous with each other. If in the morning you notice a dry mouth and throat, then you may want to consider getting a personal humidifier to use at night. This is especially helpful in the dry winter months.

Finally, don't do anything without a little help. You may not be a celebrity, but you need team approach to making sure you take the steps that are best for your vocal health. This goes not only for those just trying to start singing again but also for other vocal professionals like teachers, preachers and anyone else that talks as part of their career. Besides a Voice and Swallowing specialist, a speech language pathologist, voice coach and your primary doctor can all play a role in helping you to get back in the swing of things.



To schedule an appointment with **Joseph DePietro, MD**, please call our **Southampton office at (631) 283-1142** or **Riverhead office at (631) 727-8050**. You can also call **1-855-ENTA-DOC** or book online today at [www.entandallergy.com/depietro](http://www.entandallergy.com/depietro).

**Call us today,  
See us today!**

