

## Chronic Cough & Throat Clearing with Dr. Chandra Ivey

[Music]

Hi I'm Chandra Ivey a Laryngologist at ENT and Allergy Associates. I often see patients who have chronic coughing and throat clearing. The question is how can these affect the voice? Certainly, we feel that over time people who have habitual throat clearing, whether it is for a medical reason or just behavioral can develop some hoarseness. Other medical conditions and things that cause chronic cough also have the ability to cause hoarseness. How does this happen? Typically, the vocal folds are coming together with a very high pressure even with speech, imagine this a hundred-fold with something like a cough. If you're trying to use your voice over the course of a day and yet you're using it to cough explosively over and over again you end up depleting your sources and it's almost like trying to run on an empty tank of gas. Little things that can be done in order to help decrease throat clearing behavior is making sure that you do have some water or something to lubricate it and taking small sips throughout the day. Listerine and base lozenges can also be helpful as well. If these things are not available, taking a bit of a dry swallow instead of an explosive cough. When people even have a common cold with coughing, we highly encourage that this get treated in order to decrease the effect on the vocal folds. Over-the-counter cough suppression as well as making sure you're drinking lots of fluids and using honey can be very helpful and successful in improving your voice. So please remember little tricks to decrease cough can really help with vocal hygiene and keeping your voices clear as possible.

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