

# Voice therapy service

## Speech and Language Therapy Department Patient Information Leaflet

### Introduction

This leaflet is for people who have been referred to a speech and language therapist. It gives information on voice problems and how they are caused, how a speech and language therapist can help and what voice therapy involves.

### Why have I been referred to a speech and language therapist?

Following your ear, nose and throat examination, you have been referred to a speech and language therapist (SLT) for advice and possible treatment of your voice problem/throat discomfort.

## What kinds of voice problems are there?

Some people may experience problems with:

- The quality of their voice, for example, due to everyday wear and tear of the voice and/or lesions on the voice box such as nodules, polyps or cysts.
- Complete voice loss.
- The volume or strength of their voice.
- Throat discomfort, for example, the feeling of a lump in the throat.
- Straining or struggling to produce the voice.
- The voice getting tired.

These difficulties can have either physical and/or emotional causes.

## What can cause a voice problem/throat discomfort?

There are a number of things that can lead to such problems:

- Smoking.
- Drinking a lot of caffeine (tea, coffee, coke) or alcohol.
- Straining your voice (shouting, singing, whispering).
- Over-use or incorrect use of your voice.
- Some health factors such as asthma, allergies, acid reflux/indigestion. If you have these conditions, it is a good idea to see your GP as they may be able to give you medication to help to manage them more effectively.
- Stress, tension, anxiety, upset.
- Coughing and throat clearing.
- Heartburn, indigestion.

## How can an SLT help?

After assessing the symptoms and history of your voice problem, the SLT will be able to discuss with you the probable causes and will recommend a course of treatment, if appropriate.

Treatment may include:

- Explanation of how the voice is produced.
- Advice on looking after your voice.
- Techniques to achieve the best voice production that you can.

## What does voice therapy involve?

An SLT will send you an appointment for an initial assessment. This appointment will take up to one hour.

You will have the opportunity to discuss:

- Treatment methods.
- How often you will need to attend.
- How long treatment might take. This will depend on the severity and type of voice problem.

The SLT will also give you a programme of exercises to do at home.

For treatment to be effective, it is important that you attend all your appointments and follow your exercise programme.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

**Speech and Language Therapy Department**

Russells Hall Hospital  
Pensnett Road, Dudley DY1 2HQ

**01384 456111 ext. 2439 or 4565**

[www.dgft.nhs.uk](http://www.dgft.nhs.uk)

Email: [speechtherapy.adults@nhs.net](mailto:speechtherapy.adults@nhs.net)

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/speech-and-language-therapy/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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