1. **Listen to the sound of your voice.** Hoarseness can be an indication of something as simple as laryngitis or as serious as laryngeal cancer. If your hoarseness lasts more than a few weeks, particularly if you smoke or do not have cold-like symptoms, make an appointment with a voice specialist.

2. **Quit smoking.** Tobacco, nicotine, chemicals and inhaled heat can create inflammation and swelling and cause cancer in the mouth, nose, throat and lungs.

3. **Drink alcohol and caffeine in moderation.** Their dehydrating effects can cause strain on the vocal folds. To counteract it, drink one glass of water for each cup of coffee or alcoholic beverage.

4. **Try not to scream, cheer loudly or talk over loud noise.** Using your voice this way puts unnecessary strain on your vocal folds, can cause hoarseness and may result in vocal fold damage.

5. **Warm up your voice** before teaching, giving speeches or singing. Do neck and shoulder stretches, glide from low to high tones on different vowel sounds, hum, do lip trills (like the engine of a motorboat) or tongue trills.

6. **Manage acid reflux.** Acids from the stomach can damage your throat. Signs of acid reflux include frequent heartburn, a bad taste in your mouth in the morning, frequent bloating or burping, a lump in the back of your throat, or getting hoarse frequently. Consult with a specialist to treat this problem.

7. **Don't force your voice** when you are hoarse from laryngitis, a cold or the flu. Until you get better, avoid speaking loudly or for long periods, straining your voice or singing.

8. **Avoid frequent throat clearing** or harsh coughing. Try sipping water or sucking on a cough drop instead.

9. **Give your voice a rest.** Be quiet for a while after talking too much or too loudly.

10. **Drink plenty of water** to help lubricate your vocal folds.

The Voice Center at Cleveland Clinic is a dedicated center of excellence to uniquely serve the voice disordered population, with special focus on the professional voice user. It is staffed by recognized experts from Speech Language Pathology and Laryngology.

**Call 216.445.TALK or 800.223.2273, ext. 58255, to make an appointment with experts in The Voice Center.**

To learn more about The Voice Center at Cleveland Clinic, please visit clevelandclinic.org/voice.
Cleveland Clinic Celebrates World Voice Day, April 16

Free Noninvasive Voice Screenings
Thursday, April 14th
15-minute screenings include a questionnaire, general exam and voice evaluation.

To schedule a screening at one of the following locations, call 216.444.4961 or visit clevelandclinic.org/voicescreenings.

Beachwood Family Health & Surgery Center
26900 Cedar Road
7:30 - 9:45 a.m.
Tom Abelson, MD

Main Campus, Crile Building
9500 Euclid Avenue, A71
8 - 11 a.m. Claudio Milstein, PhD
11 a.m. - 2 p.m. Douglas Hicks, PhD
2 - 5 p.m. Paul Bryson, MD

Solon Family Health Center
29800 Bainbridge Road
1 - 4 p.m. Michael Benninger, MD

Westlake Family Health Center
33003 Clemens Road
1 - 4 p.m. Richard Freeman, MD, PhD

“Let’s Talk About Voice” Webchat
Thursday, April 7, Noon
Does your voice sound hoarse or raspy? Does talking require increased effort? Do you have trouble hitting high notes while singing? Cleveland Clinic Voice Specialist Claudio Milstein, PhD, will answer your questions about voice preservation and rehabilitation. To register, visit clevelandclinic.org/voice.

Free Public Concerts in Collaboration with the Arts & Medicine Institute and Community Outreach
Cleveland Clinic Main Campus
9500 Euclid Avenue

Tuesday, April 12, noon
The Cleveland School of the Arts’ Choral Group
Main Lobby, Sydell and Arnold Miller Family Pavilion

Friday, April 15, Noon
Oberlin College and Baldwin Wallace Conservatory of Music
Main Lobby, Sydell and Arnold Miller Family Pavilion

Case in Point & Speakeasy: Case Western Reserve University Acapella Groups
Lobby, Crile Building

Night at Progressive Field: Indians vs. Orioles
Friday, April 15, 7 p.m.
Join Cleveland Clinic Voice Center as we celebrate World Voice Day 2011. Learn more about voice health while cheering on the Tribe!

For tickets, call 216.420.HITS.

“Your Voice Matters: Are You Listening to What it is Saying?” A Free Public Seminar
Saturday, April 16
Registration: 9 a.m.
Program: 9:30 – 11:30 a.m.
Hear from Cleveland Clinic Voice Specialists Michael Benninger, MD, Paul Bryson, MD, and Douglas Hicks, PhD.

Bertram Inn & Conference Center
600 North Aurora Road
Aurora, Ohio 44202

To register or for more information, please call 216.444.3641 (locally) or 800.548.8502. Visit our website at clevelandclinic.org/healthtalks.