



Speech
Pathology
Solutions

OSP-SPECIAL EDITION WORLD VOICE DAY



WORLD VOICE DAY

APRIL 16th

Welcome!

To Optimal Speech Pathology's special World Voice Day mini-newsletter. World Voice day is a day dedicated to celebrating and sharing the phenomenon of the human voice. In this edition we want to share with you some of the useful resources, interesting and inspiring programs, and articles that we have come across. So sit back, relax, and enjoy.

Singing for Better Breathing

Starting in September 2015, "Singing for Better Breathing" is a Lambeth and Southwark, Singing and Chronic Obstructive Pulmonary Disorder (COPD) project. It is designed to see whether there are benefits to weekly singing for COPD sufferers and to observe these benefits, and the potential healing power of a shared song.

A few of the participants share the effects that singing has had on them:

Elaine: "I've not had an attack since I've been doing the group. Everything I do I've been doing more freely, I care more about myself. It's given me a new life"

Charles: "This singing group has made so much of a difference to my breathing... about 85% difference. My airways are quite clear now- because



Lambeth & Southwark Singing & COPD Project

you're exercising your tubes and airways. I can't express in words the difference it's made."

Les: "An hour singing here is a better workout for my lungs than an hour at the gym. I'm getting to know my body."

To hear more about this program and more from those participating, click [here](#).

Singing Voice Rehabilitation

Healing Voices- Leda Searce

Voice Problems are usually an amalgamation of a number of different factors. Factors such as poor vocal hygiene, inadequate vocal technique, an imbalance of vocal load and medical issues. And as such singing voice rehabilitation must address vocal hygiene, vocal conditioning and coordination, vocal pacing, medical problems and must also be sensitive to the emotional state of someone who relies on their voice as their instrument or as their financial means, or even for someone who just loves to sing.

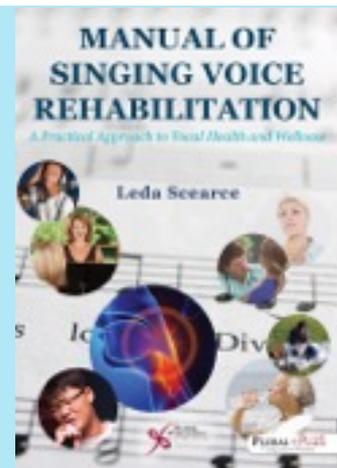


In the context of vocal coordination and conditioning, the singing voice rehabilitation specialist must create a rehabilitation exercise protocol that promotes optimal coordination of voicing subsystems to appropriately compensate for and promote resolution of the injury, while ensuring the singer achieves and maintains adequate vocal conditioning, all in a manner that is consistent with the physiologic and acoustic characteristics of the singer's style.

Vocal pacing in rehabilitation motivates a balance in the amount, type, and intensity of voice use. Though at times overlooked, vocal pacing is of critical importance both for achieving and restoring vocal health.

All of these factors must be appropriately addressed through collaboration of the voice care team to guide the singer back to a state of vocal health and well-being. Singing voice rehabilitation is a complex and multifaceted process, requiring knowledge and experience that span art and science.

To see Leda Searce's full article and to see 'Manual of Singing Voice Rehabilitation: a Practical Approach to Vocal Health and Wellness' by Leda Searce, a guide to executing effective, efficient rehabilitation plans, click [here](#).



Difficult Voice Problems– Cysts, Sulci and Scarring

British Voice Association

Cysts, Sulci and scars vary in size and extent. In the case of voicing, their size and extent will seriously affect voicing and subsequent treatment.

WHAT ARE THEY?

Cysts: Cysts are small enclosed sacs filled with fluid or semi-solid material. They form on the tissue of the vocal fold or 'cord'

Sulcus: A sulcus (plural sulci) is a small groove or furrow that creates a depression along part of the vocal fold. A vergeture (similar to sulcus) is a defect in the layered structure of a vocal fold where the pliable outer layer is missing over a small area of the vocal fold, rather like a bald patch on a tyre.

Scarring: occurs when fibrous tissue is laid down to repair damage to a vocal fold. Scarring is a normal part of the healing process.

WHY ARE THEY SUCH A PROBLEM?

These lesions disrupt the integrity of the pliable outer layers, effectively creating a stiff portion of vocal fold, when it should be pliable and able to roll like a wave (which gives the voice its clear quality).

click [here](#), to read more on Cysts, Sulci and Scarring, as well as other BVA resources

ENT links for the voice community

ENTNET.ORG

The OSP team work closely with our ENT colleagues in assessment and management of voice disorders – so it makes sense to kick off the World Voice Day week with some helpful ENT links for the voice community. Our OSP website features information on the ageing voice, occupational voice use and how medications may impact on voice (click [here](#)) and you can follow [this link](#) to find the current issue of the WVD Entnet Bulletin “Explore the voices of your patients” for further reading.



Speech Pathology and Transgender Voice Training

Feminisation of Voice- Caitlyn Jenner

Caitlyn Jenner has been making waves with her documentary series, I Am Cait. Caitlyn details the journey of her male to female transition in an informative, entertaining and sensitive manner. She has revealed that producing a voice that matches her identity is one of her greatest challenges. Feminisation of Voice requires a unique set of Speech Pathology skills and the process has been well refined over many years. Read more [here](#).



Technology and Voice training for Transgender people

As with all areas of our practice, technology has had an impact on voice training for transgender people. The team at Exceptional Voice Apps have now released EVA <http://exceptionalvoiceapp.com> a voice training mobile app for transgender people. Eva provides users with a free sample lesson so that those of you new to Eva can experience the program before purchasing it. We're also excited to provide a free frequency tuner created just for Eva



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