



Surrey Voice Clinic

It's more than just your voice

Vocal Health

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Sherri has been a Speech Language Pathologist (SLP) for more than 30 years, having spent the last 17 years working solely with voice and laryngeal airway.

“Voice is representative of who we are, and how people perceive us. When people have voice changes it can effect how they feel, their effectiveness at work, and how they interact with others. I love helping people learn about voice and giving them the tools to make their voice better and stronger; to get back to work, back to the choir, back to feeling good about communicating.”



Voice disorder risk factors (not exhaustive)

Voice use pattern and demands
Frequent upper respiratory illness
Gastro-esophageal Reflux Disease
Laryngopharyngeal Reflux
Smoking

Signs of voice changes:

Hoarseness, Breathiness, Strain
Voice breaks
Pitch breaks
Change in vocal range
Vocal fatigue
Increased vocal effort

What is a voice disorder?

A **voice disorder** occurs when voice quality, pitch, and loudness differ or are inappropriate for an individual's age, gender, cultural background, or geographic location (Aronson & Bless, 2009; Boone, McFarlane, Von Berg, & Zraik, 2010; Lee, Stemple, Glaze, & Kelchner, 2004).

A voice disorder is present when an individual expresses concern about having an abnormal voice that does not meet daily needs—even if others do not perceive it as different or deviant (American Speech-Language-Hearing Association [ASHA], 1993; Colton & Casper, 1996; Stemple, Glaze, & Klaben, 2010; Verdolini & Ramig, 2001).

General Vocal Health Guidelines

Stay well hydrated.
Get a good night's sleep.
Develop effective strategies for stress management.
Warm-up and cool-down before and after voice use.
Pay attention to reflux symptoms.
Use amplification where indicated.
Learn good vocal technique for speaking.
Eliminate smoking of any kind —inhaling toxins, including second hand smoke, can increase risk of vocal fold damage and laryngeal cancer.
Early identification of voice changes.

WELCOME

At the Surrey Voice Clinic, we understand the importance of your voice for work, for pleasure, and most importantly, for the ability to express yourself and influence the world around you.

Your voice goals are important to us, and we will work hard to guide you through the right exercises, strategies, and daily vocal health guidelines towards your best voice everyday.

Comprehensive voice evaluation includes an introduction to voice therapy exercises so you can see progress during your first visit.

Do you have questions about your voice?

Contact us to schedule a free phone consult with Sherri.