

Changes in the Voice as We Age

- Higher pitch voice in men
- Lower pitch voice in women
- Reduced volume and projection of the voice (or "thin" voice)
- Reduced vocal endurance
- Difficulty being heard in noisy situations
- Tremor or shakiness in the voice

These symptoms are amplified by the reduced hearing ability that commonly occurs in our peers as we age.



STROKE SUPPORT GROUP

Sponsored by the Rehabilitation Hospital of Fort Wayne

May/June 2010

In May, Jackie Kolb, Speech Pathologist, will be speaking on "The Aging Voice". This will be a very informative meeting for stroke survivors as well as caregivers. We will also discuss ways to keep your voice healthy.

Our June speaker will be Dr. Carl Myers, FCOVD of the Indiana Vision Development Center, who will be speaking on visual deficits following a stroke. He will also discuss vision therapy and its benefits. Further information on Dr. Myers can be obtained at www.visiontrainer.com or (260) 497-7973.

Rehabilitation Hospital of Fort Wayne
7970 W. Jefferson Blvd
Fort Wayne IN 46804-4140
RETURN SERVICE REQUESTED

Tips for Keeping Voicing

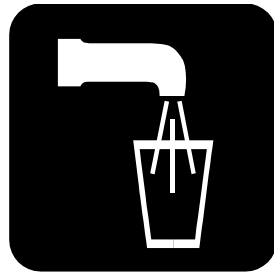
❖ **Drink water (stay well hydrated):** Keeping your body well hydrated by drinking plenty of water each day is essential to maintaining a healthy voice. The vocal cords vibrate extremely fast even with the most simple sound production; remaining hydrated through water consumption optimizes the throat's mucous production, aiding vocal cord lubrication. To maintain sufficient hydration avoid or moderate substances that cause dehydration. These include alcohol and caffeinated beverages (coffee, tea, soda). And, always increase hydration when exercising.

❖ **Do not smoke**

❖ **Do not abuse or misuse your voice**

❖ **Minimize throat clearing**

❖ **Moderate voice use when sick**



SPECIAL EVENTS CALENDAR – May/June 2010

Tuesday, May 4	<u>Stroke Support Group Meeting:</u> 6:30 – 8:00 p.m. Rehabilitation Hospital of Fort Wayne – Special Functions Room 1 Guest Speaker: Jackie Kolb, Speech Language Pathologist
Tuesday, June 1	<u>Stroke Support Group Meeting:</u> 6:30-8:00 p.m. Rehabilitation Hospital of Fort Wayne – Special Functions Room 1: Carl Myers, OD, FCOVD Indiana Vision Development Center, P.C.
Tuesday, June 15	<u>Newsletter Folding:</u> 1:00 p.m. in the Board Room of the Rehab Hospital of Fort Wayne.

Directions:

The Rehabilitation Hospital of Fort Wayne is located on the Lutheran Hospital Campus. Enter the campus off U.S. 24/ Jefferson Boulevard. As soon as you come into the campus, turn right at the first intersection. The second building on your right is the Rehabilitation Hospital.

Entering through the front lobby, there will be signs directing you to the Special Functions Room (in the back of the dining room). Please contact Julie Wolfe at (260) 435-6136 or at jwolfe@lutheran-hosp.com for further information.

If you no longer wish to receive the newsletter, please call Cheri Umphrey, Executive Assistant, at (260) 435-6105 or send an email to cumphrey@lutheran-hosp.com



Could Your Medication Be Affecting Your Voice?

Some medications, including prescription, over-the-counter and herbal supplements can affect the function of your voice. If your doctor prescribes a medication that adversely affects your voice, make sure the benefit of taking the medicine outweighs the problems with your voice. Most medications affect the voice by drying out the protective mucosal layer covering the vocal cords. Vocal cords must be well-lubricated to operate properly; if the mucosa becomes dry, speech will be more difficult. This is why hydration is an important component of vocal health.



Medications can also affect the voice by thinning blood in the body, which makes bruising or hemorrhaging of the vocal cord more likely if trauma occurs and by causing fluid retention (edema), which enlarges the vocal cords.