

Mayo Clinic Medical Edge

Voice Disorders

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	TEACHERS, TELEMARKETERS, RADIO REPORTERS... VERY DIFFERENT PROFESSIONS, BUT NOT WITHOUT SIMILARITIES. ALL TALK A LOT AND ARE CANDIDATES FOR VOICE DISORDERS.
Nicolas Maragos, M.D. Track 2 (4:38)	"THE LARYNX WASN'T MADE TO TALK. THE REASON THAT WE HAVE IT IS TO SEPARATE AIR FROM FOOD. IT OPENS TO BREATHE, CLOSES TO SWALLOW."
	MAYO CLINIC DR. NICOLAS MARAGOS SAYS ANYTHING THAT WE DO TO USE THE VOICE TOO MUCH OR ABUSE IT CAN CAUSE

	<p>PROBLEMS. POLYPS AND NODULES CAN FORM LESIONS ON THE LARYNX. TWO THINGS GENERALLY GET THINGS STARTED</p>
<p>Dr. Maragos Track 2 (6:02)</p>	<p>“THEY’LL GET A COLD OR UPPER RESPIRATORY TRACT INFECTION AND THEY’LL TRY TO KEEP ON DOING “ABUSIVE” BEHAVIORS. AND NOW THEY CAN’T DO IT BECAUSE THEY’VE GOT INSULT ON TOP OF INJURY. AND THAT’S WHEN THEY GET INTO TROUBLE.”</p>
	<p>USUALLY, REST AND LEARNING HOW TO KEEP FROM ABUSING YOUR VOICE CAN CLEAR THINGS UP. BUT OCCASIONALLY, SURGERY TO REMOVE THE LESIONS MAY BE NECESSARY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>