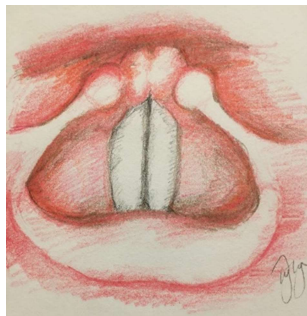
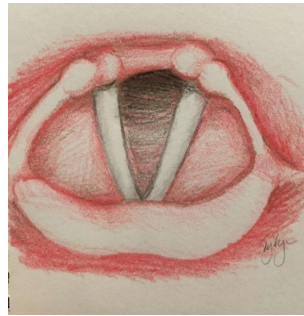


Spasmodic Dysphonia

Spasmodic Dysphonia is a problem with nerve signals to the vocal cords which causes them to spasm during speech. This interferes with the flow of voice causing it to stop on and off. The vocal cords can spasm open when they should be closed, close when they should be open or a mixture of both. It can sound like a tremor or hesitations when speaking and can be incredibly frustrating and debilitating. It is more common in women than men and usually starts between the ages of 30 and 50.



Closed Vocal Cords



Open Vocal Cords

Signs

Signs may start gradually with the voice sounding shaky or jerky now and then, becoming worse over time. You may find that you are still able to laugh or sing without any voice changes.

Diagnosis

Diagnosis is usually by a team including ENT, Neurologist and Speech Pathologist. It involves speech tasks to determine the nature of voice stoppages, viewing the vocal cords via a camera through the nose and sometimes assessment of the nerves by a neurologist.

Treatment

The most effective treatment for Spasmodic Dysphonia is Botulum Toxin (Botox) injection to reduce spasms of the vocal cords. This is discussed with an ENT and/or Neurologist and is usually effective in improving the voice. Therapy with a Speech Pathologist experienced in voice can help you manage Spasmodic Dysphonia and provide strategies to make your voice as stable and reliable as possible in different situations.