

YOUR VOICE HELD

FOR RANSOM

SSSHHH!

Voice loss often requires **COMPLETE SILENCE** for proper healing

Our voice is one of our most **prized possessions**, serving as a tool to communicate and help us function throughout the day.

VIRAL LARYNGITIS

is the most common reason people lose their voice. It is usually associated with other **viral symptoms** such as a runny nose or headache. The effect of a virus can leave a voice sounding raspy and rough and can make it very difficult to speak.



LARYNGITIS THAT COMES AS A RESULT OF A VIRUS CAN LAST FROM **1 TO 3** WEEKS OR as long as the virus itself is present.

The change in a person's voice or its disappearance altogether happens because the **virus has caused the area around the vocal cords to swell.**

Individuals who have lost their voice due to a viral illness will usually find that it will go away with **supportive care.**

FOLLOW THESE STEPS TO HELP THE HEALING:



REST IS BEST Complete voice rest is the best form of treatment. This means absolutely no talking including whispering, clearing the throat and coughing.



HYDRATE THE CORDS Hydration can help soothe the vocal cords that are swollen or inflamed. Consider drinking fluids such as water or tea with lemon to avoid creating a dry environment in the throat.



COUGH DROP CAUTION Cough drops can help soothe the throat; however, be careful to choose non-mentholated drops. Menthol can feel as if it is soothing to the throat but actually is an ingredient that can have a drying effect to the vocal cords.



ANTIBIOTICS AREN'T THE ANSWER The vast majority of laryngitis is the result of a virus and a virus cannot be treated or cured with the use of an antibiotic.

For more information on laryngitis visit PremierPhysicianNet.com/familyhealth.

SOURCES: Laura Tully, MD, Premier ENT Associates.