

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](http://PremierPhysicianNet.com/familyhealth).

SOURCES: Laura Tully, MD, Premier ENT Associates.