

# Types of Voice Disorders

- **Functional Voice Disorders**  
Functional voice disorders result from improper or inefficient use of the vocal mechanism when physical structure is normal.
- **Organic Voice Disorders**  
Organic voice disorders can be caused by laryngitis, nodules, paralysis or other structural or neurogenic disorders.
- **Psychogenic Voice Disorders**  
Voice quality can be affected when psychological stressors lead to habitual, maladaptive dysphonia or aphonia.



## Contact us

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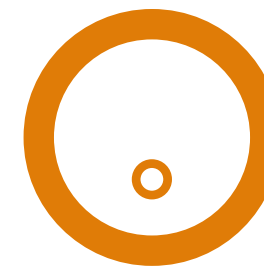
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## Voice & Voice Disorders

- Information
- Prevention
- Therapy

[www.logopaedieaustria.at](http://www.logopaedieaustria.at)



## Professional help

## Keep your voice in shape

## Keynotes

### Getting help

- Consultation of an Ear, Nose, Throat specialist (ENT)/phoniatriest
- Consultation of a speech and language therapist
- Voice evaluation and therapy by a speech and language therapist

### A healthy voice...

- is efficient in private and professional daily life
- facilitates modulation and finding the right pitch
- attracts the attention of others
- can be used in lower and higher volumes without effort
- enables easy and joyful singing

### Seek attention for your voice

- If you have experienced any of the symptoms described, you should consult an Ear, Nose, Throat specialist (ENT) or phoniatriest (e.g. in case of hoarseness exceeding 2-3 weeks)!
- Preventive care and consultation of a speech and language therapist is recommendable for voice-intense jobs!
- Keep an eye on your vocal resources!
- Observe your child's voice. Voice disorders may develop at an early age.
- A healthy voice has an impact on the quality of life!

### Helpful tips

- Rest your voice during a cold
- Avoid yelling outside your comfortable range or in noisy areas
- Avoid whispering or habitual throat cleaning
- Avoid smoking or talking in smoky areas
- Take regular voice rest breaks
- Keep your body well-hydrated
- Avoid dehydrating medication

**tip!**

### Symptoms of voice disorders

- A hoarse, husky, cracky or strained voice
- A feeling of vocal fatigue
- Anxiety or disinclination of talking
- A shortage of breath while talking
- Changes of voice / vocal sound
- Changes in pitch and volume
- A need to cough or clear the throat during or after talking

