You can protect your voice by using these “vocal hygiene” strategies:

- Avoid speaking in noisy situations
- Adapt your environment to reduce background noise
- Minimize excessive clearing of throat and coughing
- Reduce the amount of talking time
- Monitor the volume of your voice
- Avoid smoking and excessive use of alcohol
- Use correct voice placement, pitch and rate
- Monitor medications and their effects on voice--some medications can dry the throat

If a voice problem persists for more than two weeks, see your doctor!

This water is a “Better Speech and Hearing Month” gift to you from: