

Health Education Guidelines of Vocal Cords Node

聲帶結節衛教指引(英文)

◆ The causes of hoarse

1. Vocal Cords Node
2. Vocal Cords polyps
3. Acute or chronic Vocal Corditis 、Vocal Cords Edema
4. Cancer of the Larynx
5. Sulcus
6. Vocal Cords paralysis

◆ Causes of Vocal Cords Node:

1. Abuse of Voice: Talk too long, too loud and too quickly
2. Misuse of Voice: Sound like an animal, scream, laugh hard.
3. Not receiving medical treatment after the bleeding of vocal cords, and it will become a polyp or node.
4. Coughing frequently, an opposite way of running nose, and cleaning throat frequently may cause inflammation of vocal cords and turn into vocal cords nodes.

◆ How to protect the voice?

1. Stay away from noisy environment because one will unconsciously raise the volume of voice after staying long in that environment, which will cause the abuse of vocal cords. Try to avoid speaking to each other when taking public transports such as airplanes, buses, ferries if the mechanical noise is too loud.
2. Do not try to "cough to clear" when you feel your throat is dry, strange or stressful because this kind of habitual "dry cough" or "clear the throat" will harm the vocal cords.
3. Try not to spend too much time talking on the phone because you will unconsciously raise your volume, which is not a good habit. In fact, the person on the other end of the receiver will still hear your voice clearly even when you do not speak loudly.
4. Try to slow down your talking speed , and it will be better to reduce your volume. You should also reduce your voice especially when you are busy or in a bad mood.
5. Try to avoid singing songs which have the scales that are too high or too low. Some songs that have high or low scales require some kinds of technical "fake voices," which is usually not suitable for ordinary people to sing unless you have received the special training on it.
6. Try to take relaxed breath when you speak, and do not be nervous when you talk. Try to use the abdominal style of breathing to help your pronunciation.
7. Do not speak when you are jogging or exercising because the tense condition of your neck and nose muscles is not appropriate for talking. However, it is all right to speak during a walk as long as it is a relaxed type of conversation.



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I have been informed the health Education guidelines
of vocal Cords node and fully understood it.

Signed _____ Date _____

8. Have sufficient rest and sleep instead of staying up late at night. It is acceptable to protect your throat with injection and taking medicine.
9. Doing outdoor exercises will help the relaxation of your body muscles and increase the energy of lungs, which will indirectly help your sound production.
10. No smoking. It will not only deteriorate the vocal cords but also may cause vocal cancer.
11. Do not eat food that is stimulant or spicy, because it will stimulate the vocal cords and make the vocal cords swollen.
12. Do not speak with shouting or imperative style.
13. Stay close to the person you speak to so that you do not have to raise your voice.
14. Do not speak too many words with one breath; try to pause and change breath during your speaking.
15. Do not talk too much when you have a cold, insomnia, or an excited mood.
16. When you speak, relax your tongue, chin, throat, shoulder, and chest.
17. Try not to speak too much when the air is dirty or there is someone smoking, so that the vocal cords will not be stimulated.
18. Reduce the volume of speaking, but not whispering, otherwise the vocal cords muscles will be tired because of nervousness.
19. People who have hearing problem often speak loudly; therefore, it is essential to correct the listening ability first.
20. Teenagers are in the period of changing voice, it is better for them to protect the vocal cords when they practice singing. It is better for them to choose instruments that do not require their sound production when they want to play musical instruments.
21. Women who are pregnant or on menstruation period should not abuse vocal cords since their muscles are inactive at that time. The diaphragm of pregnant women is less active.
22. Voice is usually not good when we wake up in the morning due to the slight swollen of vocal cords; therefore, it is better not to speak too much after waking up. It is better to wake up one or two hours earlier if you have a lecture or singing in the morning.
23. It is suitable to have some calorific food before singing or giving a speech, such as candies, milk, bread, which will provide energy to vocal cords and is beneficial to them.

◆ **What notice should the patients of vocal cords take before and after surgery?**

1. Discuss with your doctor about the surgery.
2. No speaking within two weeks after the surgery.
3. Surgery is the beginning of treating vocal cords node, and you are recommended to linguistic treatment for practicing the speaking skill before and after the surgery.
4. After the surgery pay attention to the protect vocal cord in order to avoid recurs.