

## Meet Our Voice Team!

### Christopher Y. Chang, MD

Dr. Chang is an otolaryngologist-head & neck surgeon who is also fellowship trained in laryngology and voice disorders.

Phone: 540-347-0505

### Melissa Mainville, MS, CCC/SLP

Adult speech and voice therapist with additional certification in the Lee Silverman Voice Therapy for Parkinson's Disease.

Phone: 540-316-2680

### Colette Reynolds, MA, CCC/SLP

Private practice pediatric speech pathologist.

Phone: 540-347-1239

### Mark Greenawalt, DMA, BME, MM

### Jennifer Sharp, BM, MM

### Singing Voice Pedagogues

Voice therapy geared especially towards singers who have injured their voice.

Phone: 540-535-6931 (Mr. Greenawalt)

Phone: 540-550-1407 (Ms. Sharp)

### Ceres Artico, PhD, LPC, LMFT

### Carmen Gonzalez, PhD

### Psychological Voice Therapists

Psychologists familiar with how environmental stressors contribute to vocal quality problems as well as how to address using a variety of techniques including hypnosis, biofeedback, EMDR, etc.

Phone: 571-248-8700 (Dr. Artico)

Phone: 540-347-0613 (Dr. Gonzalez)

To learn more about the voice care clinic, please call 540-347-0505 or visit our website at [www.VVSC.org](http://www.VVSC.org)

## General Vocal Health Tips

### Foods and Drinks:

Drink plenty of water. Eight to ten glasses a day is recommended.

Avoid eating spicy/acidic foods. Also avoid carbonated beverages, chocolate, and mints. Also avoid drinks that include alcohol or caffeine. These act as diuretics (substances that increase urination) and cause the body to lose water. This loss of fluids dries out the voice.

Include plenty of whole grains, fruits, and vegetables in your diet. These foods contain vitamins A, E, and C. They also help keep the mucus membranes that line the throat healthy.

No eating or drinking 3 hours before you go to sleep (the stomach takes 3 hours to empty).

### Things to Avoid:

Avoid medications containing decongestants, aspirin, NSAIDS, blood thinners, mouthwash gargles, and topical anesthetic sprays.

Don't smoke and avoid second-hand smoke.

Avoid throat-clearing and forceful coughing.

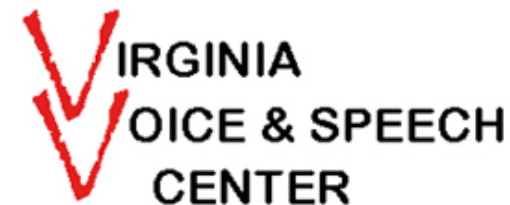
Avoid talking in noisy places. Trying to talk above noise causes strain on the voice.

### DO The Following:

Practice good breathing techniques when singing or talking. Talking from the throat, without supporting breath, puts a great strain on the voice.

Use a humidifier in your home. This is especially important in winter or in dry climates. Thirty percent humidity is recommended.

Try not to overuse your voice. Avoid speaking or singing when your voice is hoarse.



[www.VVSC.org](http://www.VVSC.org)

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## A Vocal Health Consortium

Involving



Fauquier ENT Consultants, PLC

Voice Therapists

Speech Pathologists

Singing Voice Pedagogues

Psychological Voice Therapists

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Fauquier ENT Consultants, PLC

550 Hospital Drive  
Warrenton, VA 20186

Tel: 540-347-0505

[www.FauquierENT.net](http://www.FauquierENT.net)

## Vocal Health Care

Patients with a hoarse voice for over 2 weeks and especially those patients with any voice concerns with occupational and/or professional voice demands will benefit from our comprehensive, multi-disciplinary, and multi-dimensional approach using state-of-the-art voice testing and treatment.

Our professional team of voice experts includes an otolaryngologist, voice therapist, speech pathologist, singing voice pedagogues, and psychological voice therapists.

Emphasis at the clinic is placed on education about healthy vocal habits, prevention of voice problems, and diagnosis.

We are able to provide a comprehensive evaluation from diagnosis to treatment.

## Multidisciplinary voice clinic for lay, occupational, and/or professional voice users

How does one go about getting seen in our clinic?

### Step 1:

Make an appointment with Dr. Chang at Fauquier ENT Consultants by calling 540-347-0505. A referral from your physician may be required.

### Step 2:

At the initial appointment, an extensive evaluation will be performed in order to determine the cause of your hoarse voice. The evaluation may include:

- Flexible Fiberoptic Laryngoscopy
- Digital Videostroboscopic examination to assess vocal cord movement
- Perceptual assessment and judgement of quality

### Step 3:

Once diagnosis obtained, appropriate care plan will be outlined which may include voice therapy, medications, and/or surgery.

## Things That Can Cause A Change in Your Voice

**Raspy Voice:** Vocal Cord Nodules/Papillomas, Muscle Tension Dysphonia, Tumor/Cancer, Vocal Cord Paralysis, Dehydration

**Upper Range Loss:** Vocal Cord Polyps/Nodules/Cysts, Vocal Cord Swelling

**Breathy/Lost Voice:** Vocal Cord Paralysis, Bowed Vocal Cords, Muscle Tension Aphonia

**Voice That Catches/Spasms:** Tremor, Spasmodic Dysphonia

**"Noisy Breathing":** Tracheal Stenosis, Laryngospasm, Non-Organic Stridor, Glottic Web, Vocal Cord Paralysis, Tracheomalacia

**Nasal Sounding Speech:** Allergies, Velopharyngeal Insufficiency, Adenoid Hypertrophy

**Laryngitis:** Trauma, Candidiasis, Hemorrhage, Reflux, Viral, Bacterial, Allergic

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**More Information On Various Voice Problems Can Be Found Here:**

**[www.VoiceInfo.org](http://www.VoiceInfo.org)**

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