

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
- *Drink plenty of water
- *Rest a hoarse voice
- *Monitor stress levels
- *Use proper posture
- *Use abdominal breathing
- *Eat a healthy diet
- *Get plenty of rest

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:

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