

Duane J. Taylor M.D. Celebrates 2011 World Voice Day

We Share a Voice

Bethesda, Maryland – The practice of Dr. Duane J. Taylor is observing “World Voice Day,” an international health observance day for the human voice, on April 16, 2011. On this day the public is asked to assess voice quality and recognize that harmful speaking techniques, alcohol, and tobacco abuse can easily and irrevocably damage the voice. The long-term consequences of poor voice care can range from strained vocal cords and chronic hoarseness to deadly head and neck cancers.

The theme for the 2011 celebration of World Voice Day, “We Share a Voice,” calls attention to the important role otolaryngologists play in stemming the tide of vocal disorders.

“Vocal health is critical to our communication-oriented society, but the voice does not receive the public recognition and appreciation it deserves. World Voice Day provides us a perfect forum through which to refamiliarize ourselves with the latest advances in laryngology and voice care, and to educate our colleagues, patients, and communities via lectures, free voice screenings, community outreach programs, and other offerings,” says Duane J. Taylor M.D., Chair of the Diversity Committee for the American Academy of Otolaryngology –Head and Neck Surgery .

World Voice Day gives vocal health experts an opportunity to bring renewed awareness about vocal health to the general public and to professionals who have built careers around their voices.

As Duane J. Taylor M.D. and his office celebrates the ninth year of World Voice Day observance, we offer the community a few simple health tips:

1. **Keep yourself hydrated:** Moisture is good for your voice, and drinking plenty of water throughout the day is the best way to stay hydrated.
2. **Don’t smoke:** The single worst thing you can do for your voice is to smoke. It causes permanent damage to the vocal cord tissues and is the number one risk factor for cancer of the larynx (voice box).
3. **Don’t scream or shout:** Use a microphone if you need to project your voice, yelling or screaming is always bad for the voice, as it puts a lot of stress on the delicate lining of your vocal cords.
4. Rest your voice if you have laryngitis.
5. **Get evaluated by an otolaryngologist (ear, nose and throat physician) if you have persistent hoarseness:** If your voice is persistently hoarse, be sure to seek evaluation by an otolaryngologist.
6. **Warm up your voice:** Warming up the voice is not just for singers; it helps the speaking voice, too. Doing simple things like lip or tongue trills, or gliding up and down your range on different vowels will help warm up your voice.
7. **Know what you’re feeling:** When you are in a place with loud background noise, you don’t realize how loudly you may be talking. Pay attention to how your throat feels in these situations, because it will often feel raw or irritated before you notice the vocal strain you are causing.

To learn more about World Voice Day, vocal health, and other ear, nose, and throat related topics, visit www.levisageface.com or <http://www.entnet.org/HealthInformation/worldVoiceDay.cfm>

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About World Voice Day

Every year on April 16, otolaryngologist-head and neck surgeons and other voice health professionals worldwide join together to recognize World Voice Day. World Voice Day encourages men and women, young and old, to assess their vocal health and take action to improve or maintain good voice habits. The American Academy of Otolaryngology-Head and Neck Surgery has sponsored the U.S. observance of World Voice Day since its inception in 2002.

Dr. Duane J. Taylor is the Medical Director and CEO of Le Visage ENT & Facial Plastic Surgery LLC. Dr. Taylor is **board certified** in Otolaryngology-Head and Neck Surgery and Fellowship trained in Facial Plastic and Reconstructive Surgery. His practice includes care of the Professional Voice, nose/sinus/allergy disorders and treatment of sleep and snoring disorders.