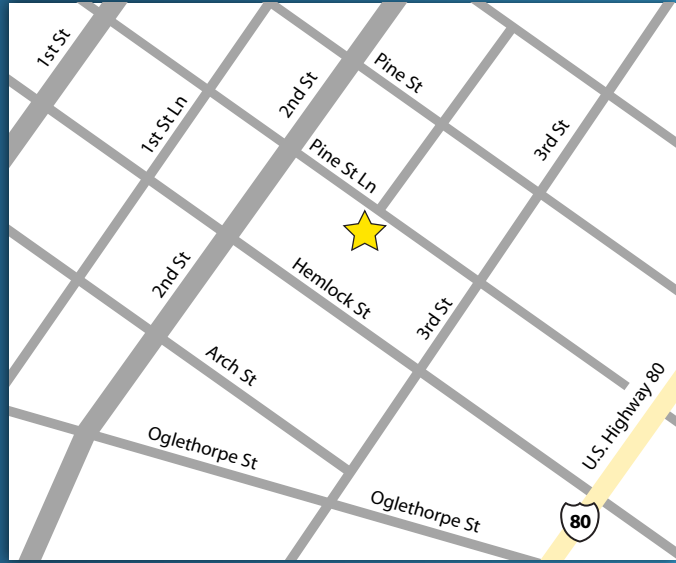




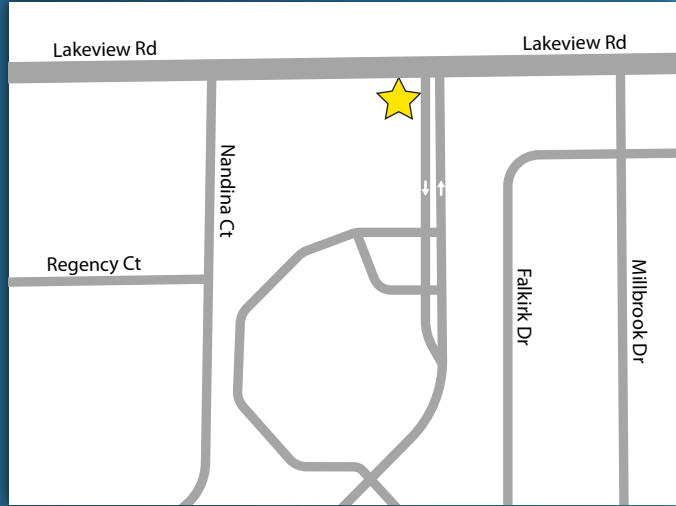
### About the ENT Center of Central Georgia

The ENT Center of Central Georgia brings together the very best physicians and support staff dedicated to providing you an exceptional patient experience. In our pursuit to provide excellence in medical treatment, we listen to our patients and focus on their symptoms. We develop individualized treatment plans based on your unique needs and treat you like we would a family member. Whether you have hearing problems, allergies, dizziness, sinus infections, snoring, or any other ear, nose, and throat related problem, we can help.

**For more information, contact one of the elite health care professionals at The ENT Center of Central Georgia today: 1-800-253-8953**



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# The ENT Center of Central Georgia

## Our Doctors Explain: **HOARSENESS**



[www.theentcenter.com](http://www.theentcenter.com)



## What Is Hoarseness?

Hoarseness is an inflammation of the larynx that results in a change in the voice, making it sound breathy, raspy, scratchy or strained. There may be changes in volume and pitch, as well. Hoarseness falls under the medical category of dysphonia, which refers to voice impairment or any sort of difficulty speaking.

Hoarseness is the result of a problem with the vocal cords. It can be caused by a variety of different conditions, including cold or sinus infections, acute laryngitis, voice misuse or abuse, benign vocal cord lesions, acid reflux, vocal hemorrhage, tobacco and alcohol use, thyroid diseases, cancer, trauma to the voice box and neurological diseases such as Parkinson's or spasmodic dysphonia, a chronic vocal cord disorder.



## What Are the Symptoms of Hoarseness?

Hoarseness is often experienced by abnormal voice changes, difficulty breathing or pain when speaking. Essentially, any inflammation of the larynx or vocal discomfort of any kind is a tell-tale sign of hoarseness.

Hoarseness can also be accompanied by a sore, dry or irritated throat, fever or fatigue, depending on the cause.

## How Is Dysphagia Diagnosed?

Your doctor will ask series of questions about symptoms—how long they've been present—conduct a thorough physical examination, including the ears, nose, and throat, and may perform a laryngoscopy or other special test to help analyze the vocal folds.



## How Is Hoarseness Treated?

Usually, hoarseness clears up on its own without any sort of medical intervention. Many patients take a wait-and-see approach, treating symptoms with home remedies that include resting the voice, staying hydrated by drinking plenty of fluids and using a humidifier to add moisture to the air.

Making certain lifestyle changes—eliminating spicy foods, alcohol and caffeine from the diet, giving up cigarettes, avoiding activities that cause vocal cord strain such as shouting, whispering, or using inappropriate pitch or volume—are all helpful ways to reduce or eliminate the symptoms associated with chronic hoarseness.

If hoarseness lasts longer than three weeks, is not accompanied by cold or flu symptoms, affects your ability to swallow or breathe or otherwise interferes with your livelihood, talk to your doctor.