

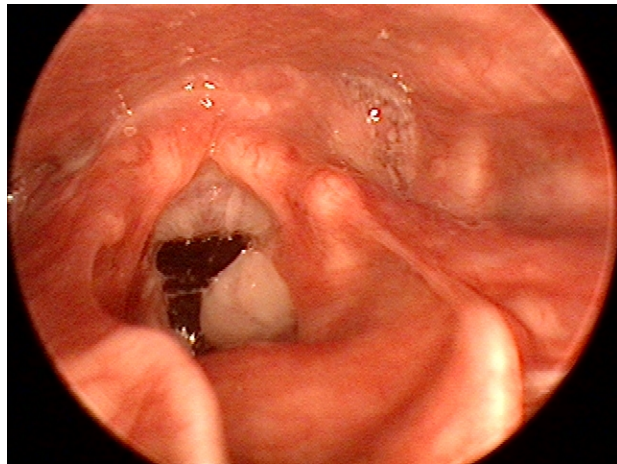
Voice Flow
Anna Siciliano, M.A. CCC/SLP
801-574-0855

Winter is here, the air is dry, try to avoid throat clearing

**Granuloma- a benign vocal fold lesion most often caused
caused by throat clearing**

Initial Evaluation- 45 year old woman

Large granuloma



Throat Clearing

Ask yourself, is my throat clearing a habit?

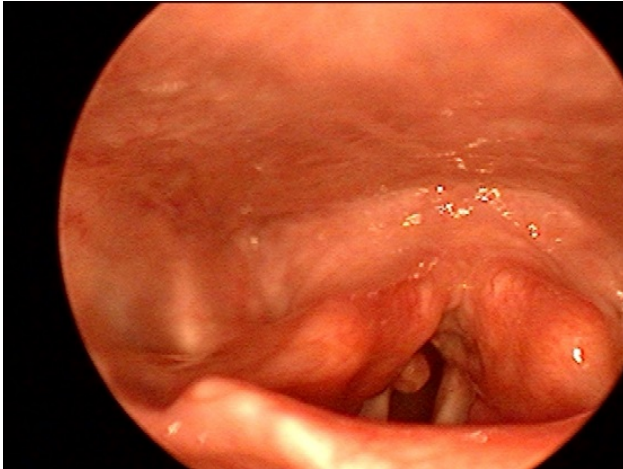
- If so you need to try and stop!
 - Drink more water
 - Sip water and swallow hard (to swallow mucous)
 - Distract yourself and wait, the need to clear may subside.
 - Exhale to open the vocal folds and practice diaphragmatic breathing

Ask yourself, do I really have excess mucous?

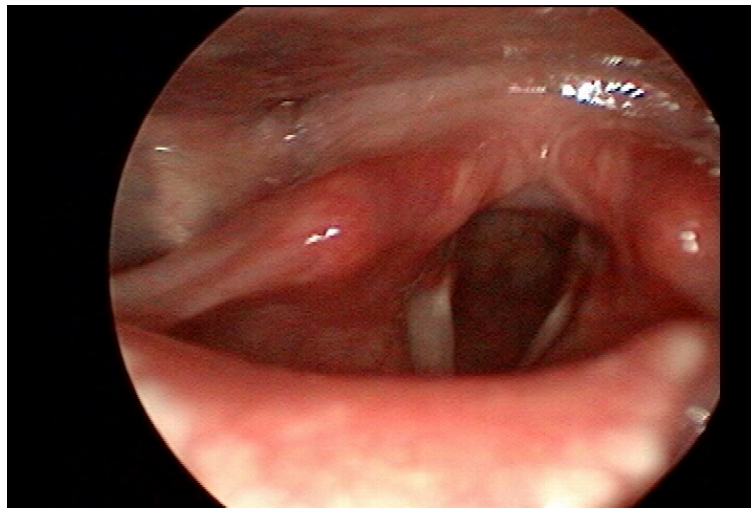
- You may need hydration, Mucinex, allergy management or reflux medication so **visit your ENT.**

If you suspect a granuloma or vocal fold lesion

- Have your vocal folds looked at by a qualified ENT or Speech Pathologist



Same Patient-3rd
therapy visit. Made
significant changes
in diet and stopped
throat clearing



Same patient, 4th and final visit. Granuloma is gone, throat clearing gone, Diet
Coke gone, clean diet, **clear speaking and singing voice.**

Speaking and Singing for a Lifetime!!

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