

Presbyphonia

Information for patients

Presbyphonia is a term used to describe age related changes that effect an individual's voice. This information aims to provide advice and strategies to help manage and reduce the effects of ageing on the voice.

As we get older the structures and muscles in our voice box may change as part of the normal ageing process. This can result in thinner vocal cords changing the quality of our voice. Hearing and respiratory changes also impact on the voice quality.

Steps to help maintain a healthy voice.

- Keep using your voice – 'if you don't use it, you lose it!' make a point of talking every day. Arrange to see family or friends or use the telephone.
- If you live alone and often have long periods of not talking, try reading aloud from a book or a newspaper article, recite some poetry.
- Singing is very effective in maintaining a healthy voice, try singing along to the radio or join a local singing group.
- Do a daily vocal warm up, sing scales, hum (see useful website below).
- Keep well hydrated – drink plenty of water.
- Exercise regularly. This will help support your breathing and posture which is important for your voice.

Useful websites

Use the link or scan the QR code below for more advice.

The British Voice Association has free literature with advice on voice care, vocal warm up and the ageing voice:

www.britishvoiceassociation.org.uk



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