

**Mayo Clinic Medical Edge**  
***Treating Voice Disorders***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	A BOUT OF LARYNGITIS IS NO FUN. BUT JUST IMAGINE IF YOUR VOICE WAS ALWAYS THAT HOARSE. VOICE DISORDERS ARE NOT UNCOMMON AND OFTEN RESULT FROM LESIONS THAT FORM AROUND THE VOCAL CORDS. TREATING, EVEN PREVENTING SUCH PROBLEMS STARTS WITH STAYING WELL HYDRATED.
<b>Nicolas Maragos, M.D.</b> <b>Track 1 (9:10)</b>	"IF THAT AREA IS WET AND SLIPPERY AND THE FLUID IS ABLE TO BE EVAPORATED, THEN THE VOCAL FOLDS WON'T HEAT UP AS MUCH AS THEY WOULD IF THINGS

	WERE DRY AND STICKY.”
	NEXT, SAYS MAYO CLINIC DR. NICOLAS MARAGOS, IS GETTING PATIENTS TO BACK OFF ON SOME OF THE THINGS THAT CAN GET THEM INTO TROUBLE, INCLUDING OVER-USE.
<b>Dr. Maragos</b> <b>Track 2 (9:30)</b>	“WHEN WE FIRST SEE A PATIENT WITH THESE SURFACE TISSUE PROBLEMS WE USUALLY PUT THEM THROUGH AT LEAST TWO OR THREE MONTHS WORTH OF VOICE THERAPY.”
	SOMETIMES THE REST AND RETRAINING IS ENOUGH TO HEAL THE LESIONS. IF NOT, SURGERY TO REMOVE THEM MAY BE AN OPTION.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
