

Mayo Clinic Medical Edge
Treating Spasmodic Dysphonia

1:00

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Audio

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| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE. |
| | SPASMODIC DYSPHONIA IS A NEUROLOGICAL MOVEMENT DISORDER... A DYSTONIA. THAT'S WHERE MUSCLES CONTRACT INVOLUNTARILY. IN THIS CASE, THE MUSCLES THAT ARE AFFECTED ARE VERY SPECIFIC. THEY'RE LOCATED IN YOUR LARYNX OR VOICEBOX. |
| Diana Orbelo, Ph.D. | "THOSE MUSCLES GO INTO SPASMS THAT A PERSON CANNOT CONTROL. AND THIS HAPPENS ON A REGULAR BASIS, TO A DEGREE THAT IT INTERFERES WITH THEIR SPEECH." |
| | THERE IS NO CURE, SO |

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| | <p>TREATMENT FOCUSES ON MANAGING THE SYMPTOMS. WHILE THERE ARE SURGICAL OPTIONS, MAYO CLINIC DR. DIANA ORBELO SAYS THE TREATMENT THAT'S USED MOST COMMONLY IS BOTOX.</p> |
| Dr. Orbelo | <p>"BOTOX IS USED TO WEAKEN THE VOCAL FOLDS AND WEAKEN THE MUSCLES IN THE LARYNX THAT GO INTO SPASM."</p> |
| | <p>IT'S NOT A CURE, AND INJECTIONS HAVE TO BE REPEATED EVERY FEW MONTHS, BUT IT DOES WORK.</p> |
| | <p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p> |