

Maintaining your voice

ANCHOR LEDE

Auctioneers and sports announcers have to fill a room with their voice. Singers like Taylor Swift and Bruce Springsteen belt on stage for three-plus hours. How can they – and you – keep the voice strong and avoid hoarseness or worse, such as a voice disorder?

TAKE VO

Ashley Brim, a speech language pathologist at OSF HealthCare, says a healthy lifestyle is a good start. Illnesses mean coughing and stress on the vocal cords.

Also, drink plenty of water, and avoid excess caffeine.

And if you have to talk a lot for work, know your limits.

SOT

Ashley Brim

OSF HealthCare speech language pathologist

“Maybe you have a job like an auctioneer or a teacher trying to yell over a group of students. You have to make your voice louder [for your job]. Try to focus on more projection. And take vocal rests. Take 10 minutes to let your vocal cords reset. Drink water. Try to decrease the trauma to the vocal cords as much as possible.” (:33)

VO TAG

It's important to maintain your voice so it doesn't develop into a voice *disorder*, where you might have to rely on a communication device.