

Maintaining your voice

RUN TIME - :42

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? Tim Ditman of OSF HealthCare has a playbook.

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Ashley Brim, a speech language pathologist at OSF, 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

**“Focus on more projection. And take vocal rests. Take 10 minutes to let your vocal cords reset.” (:21)**

I’m Tim Ditman.

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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.