

# WORLD VOICE DAY

## What is the World Voice Day?

The World Voice Day is an initiative with the purpose of increasing public awareness of the importance of human voice and alertness to voice problems.

## Why the World Voice Day?

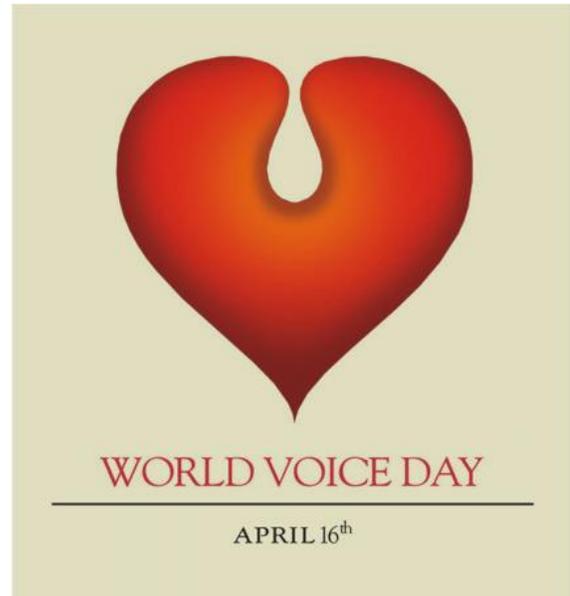
Voice serves as the main tool for human communication. Occupations of millions of people depend on the use of voice.

## When is the World Voice Day?

Every year on April 16.

## How was the World Voice Day born?

The event started in 1999 as a National Voice Day in Brazil as a reaction to a disturbingly large occurrence of laryngeal cancer in Brazil. The initiative quickly spread internationally. The first World Voice Day was celebrated in 2003.



## How to celebrate the World Voice Day?

Imagine how your life would be without voice or with permanent hoarseness. Would you be able to perform your job properly? Would you be able to express your emotions and feelings to people that you love?

Take care of your voice – drink plenty of water to avoid dryness in your throat, limit drinking of heavy spirits which dry out your mucosa, restrict smoking and avoid spending time in smoky rooms or smoky public venues. Do not overload your voice by extensive loud speaking.

Some departments devoted to voice care organize preventive voice examinations on this day.

## TIPS FOR YOUR VOICE:

**DO NOT UNDERESTIMATE HOARSENESS! Hoarseness indicates that your vocal folds (commonly known as vocal cords) are unwell and need care and treatment.**

**DRY THROAT IS DAMAGING FOR VOICE. Protect your voice by drinking plenty of fluids, especially water. Spirits and caffeine, however, dehydrate the mucosa and increase the danger of damaging your vocal folds.**

**DO NOT OVERLOAD YOUR VOICE. Heavy voice use can harm your vocal folds. (Beware of lengthy conversations in noisy bars and clubs!)**

**INJURED VOICES NEEDS TIME TO HEAL. Sudden occurrence of hoarseness and throat pain indicate injured vocal folds. Limit using your voice until the pain and hoarseness go away.**

**HOARSENESS NORMALLY DISAPPEARS WITHIN THREE WEEKS. Prolonged hoarseness indicates that your vocal folds may not have healed properly.**

**IN CASE OF PROLONGED HOARSENESS VISIT A CLINICIAN, who is capable of examining your vocal folds. An early diagnosis of the cause of hoarseness, including cancer, can then be treated with minimal harm to your voice box.**

**DO NOT SMOKE. Smoking increases the risk of laryngeal and vocal fold cancer.**