If any of your patients are experiencing voice problems which include a change in the voice, roughness, or a raspy quality, have them ask themselves the following questions in order to determine if they have an unhealthy voice:

1. Has your voice become hoarse or raspy?
2. Does your throat often feel raw, achy, or strained?
3. Does talking require more effort?
4. Do you find yourself repeatedly clearing your throat?
5. Do people regularly ask you if you have a cold when if fact you do not?
6. Have you lost your ability to hit some high notes when singing?