

## OUR WORK

NCVS undertakes research which has led to breakthroughs in voice habilitation and rehabilitation related to disease, trauma, occupational demands, genetic, environmental and lifestyle factors. NCVS translates its research findings into practical applications for other scientists, clinicians, voice instructors and occupational voice users.



## COLLABORATION

The University of Utah is the lead institution in a consortium of research institutions dedicated to studying the protection, enhancement and rehabilitation of the human voice and speech. Other collaborating institutions include: The University of Iowa, The University of Colorado- Boulder, the University of Wisconsin, New York University, University of Texas Southwestern Medical Center at Dallas and Brigham Young University

## SERVICES

### NCVS Provides The Following Services To The Public:

- Referrals to professionals across the country and around the world.
- Dissemination of research findings through its web site and research publications.
- Internships for future researchers and clinicians.
- Hosting hands-on workshops and seminars for those interested in improving their professional speaking voices.
- Maintenance of a large teaching web site with information about voice-related research, training, curriculum and demonstrations and a virtual school.

### For More Information:

Dr. Ingo Titze, Executive Director

#### National Center for Voice and Speech (NCVS)

National Headquarters Office  
136 South Main Street, Suite 712  
Salt Lake City, Utah 84101

(801) 596-2012  
ingo.titze@ncvs2.org  
www.ncvs.org

## HELPFUL HEALTHY VOICE HINTS

- Speaking loudly or over long periods may lead to a voice disorder. Recognize when your voice is tired, consider vocal training.
- Hoarseness or breathiness may signal a voice disorder. If either symptom persists for more than two weeks, call a physician or speech-language pathologist.
- Stress can lead to forceful voice production resulting in possible tissue damage. Relaxation techniques can improve your voice and allow you to speak more effectively and longer.
- Caffeine and alcohol dehydrate vocal folds, which can make it more difficult to keep them vibrating. Drink plenty of water to combat their drying effects.
- Some medications lead to dehydration of the vocal folds.
- Repeatedly clearing the throat or coughing may irritate vocal fold tissues. Sipping water, swallowing or sucking a cough drop may ease the irritation.
- Frequent heartburn and a sour taste may mean stomach acids are spilling over into your larynx which may lead to voice problems.
- Smoking irritates tissues used for singing and talking.



## OUR MISSION

The National Center for Voice & Speech undertakes research and provides referral services in order to help people around the world to enjoy healthy and effective vocal communication.



136 South Main Street, STE 712  
Salt Lake City, UT 84101

DEDICATED TO THE STUDY  
OF THE HUMAN VOICE

