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The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Presbyphonia

Therapies Speciality

What is Presbyphonia?

- Presbyphonia is the medical term used to describe the ageing voice.
- As we get older the structures in our voice box and the muscles that support our vocal folds may change.
- This can result in changes in voice quality.

What are the symptoms of presbyphonia?

- Your voice may sound quieter.
- It may sound more breathy or hoarse.
- You may find it difficult to raise the volume of your voice.
- Your pitch range may also be reduced so that if you are a singer you may notice that you are no longer able to reach the higher notes.

How will my diagnosis be confirmed?

- You will be seen by a member of the Ear, Nose and Throat (ENT) team who will examine your vocal folds and then may diagnose presbyphonia.
- A Speech and Language Therapist may assist in diagnosing your voice problem.

What causes presbyphonia?

- Ageing - although this is not to say that all people will experience voice difficulties to the extent that it impacts on their everyday lives.
- Your overall health, posture, breathing and fitness levels can affect the voice as you get older.
- As with other parts of your body, muscles in the voice box may lose some of their elasticity or tone and this can change the quality of your voice

How is presbyphonia treated?

- The Speech and Language Therapist will give you advice and provide you with exercises to lessen the symptoms associated with presbyphonia

What can I do to help my symptoms?

- Avoid shouting, straining, excessive use of the telephone or talking over background noise.
- Drink plenty of water and minimise the number of caffeinated drinks you have each day.
- Avoid whispering.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any queries or require any further information please do not hesitate to contact us

Speech and Language Therapy - Voice Therapy

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British Voice Association:

<http://www.britishvoiceassociation.org.uk/>

Voice Care Network:

<http://www.voicecare.org.uk/>

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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