

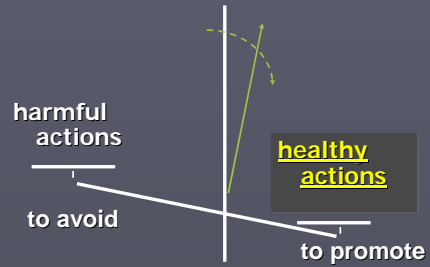
## Roundtable: Occupational Voice Health

Dra. Montserrat Bonet, Universitat Barcelona. PEVOC Marseille 2011

- ▶ Slogan: EDUCATION FOR PREVENTION
- ▶ Philosophy of Vocal Hygiene: Instead of prohibiting, provide alternative
- ▶ Prohibited is balanced in avoid to promote healthy voice
- ▶ Explain to patients: avoid shouting, but whistle
- ▶ Avoid smoking, but drink water and hydrate
- ▶ Avoid drinking whiskey, but drink infusions



## Vocal hygiene mesures



•The idea is balance, during the session of vocal hygiene courses for teachers, with images for avoid harmful actions in contrast to healthy voice actions.

we explain:

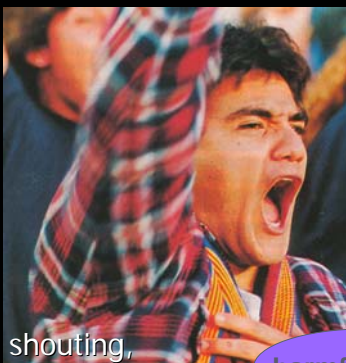
avoid shouting, but whistle

Avoid smoking, but drink water and hydrate

Avoid drinking whiskey, but drink infusions. Please, contrast shouting for gesturing, or whistle

Contrast tension stress to yawn, for relax jaw

Contrast breathe pollution, to clean air

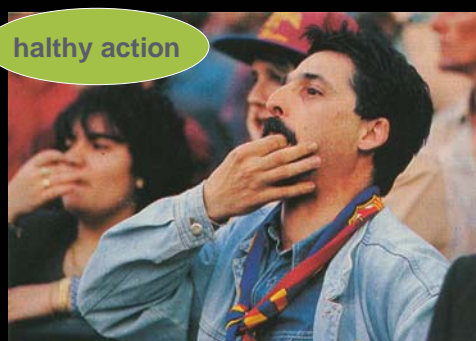


avoid shouting,  
but ...

harmful action



healthy action



contrast shouting for whistle





Avoid drinking, but...

harmful action

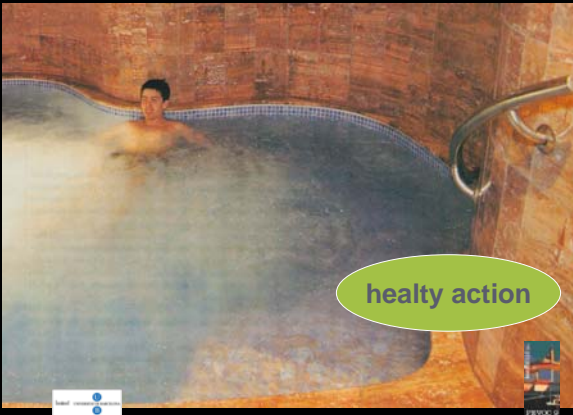


Avoid smoking, but...


tabac

harmful action

Acetona, butà, arsènic, poloni 210, cadmi, cianur d'hidrògen, amoniac, benzè, CO

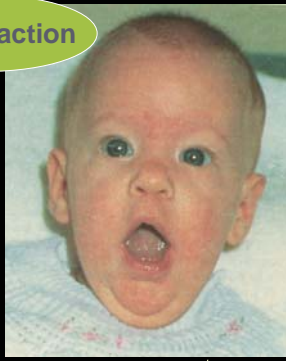


healty action



avoid stress, but...

harmful action



healthy action

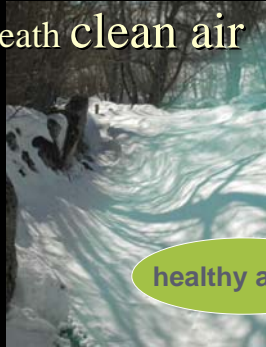
contrast stress / to yawn





avoid pollution, but...

hamrful action

contrast breath pollution /  
breath clean air



healthy action

### Vocal Hygiene mesures

Harmful actions	Healthy actions
<ul style="list-style-type: none"> <li>▶ tabac</li> <li>▶ alcohol</li> <li>▶ stress, shouting</li> <li>▶ noisy environment</li> <li>▶ pollution</li> <li>▶ Bad voice Technique</li> </ul>	<ul style="list-style-type: none"> <li>▶ hidratation</li> <li>▶ infusions</li> <li>▶ relax, repòs veu</li> <li>▶ gesturing</li> <li>▶ leisure activities silent</li> <li>▶ Good Voice Technique</li> </ul>
to avoid	to promote

