Vocal health and hygiene study questions

1. Name the disorder whose symptoms include (a) breathy mid voice, (b) cracking on high notes, (c) hoarseness, (d) lack of endurance and intensity, and (e) an inability to sing softly.

2. The other name for contact ulcers of the arytenoids cartilages.

3. This condition can be brought about by singing with too much intensity in the middle voice, especially in females.

4. This disorder’s symptoms include hoarseness, a breathy sound, and a sensation of needing to clear the throat. This disorder is the result of a vocal fold hemorrhage.

5. The treatment for the vast majority of vocal nodules includes a carefully monitored program of ____________.

6. This disorder is frequently caused by a single traumatic event, like yelling at a ball game or severe coughing.

7. Often called corns of the folds, these thick bumps prevent the folds from closing completely or stretching efficiently.

8. This condition is sometimes caused by acid reflux or surgical intubation.

9. This disorder is frequently caused by singing with too high an air pressure and too many glottal onsets.

10. This disorder is characterized by vocal fatigue, painful phonation, and persistent reoccurrence of symptoms, even after rest. Primarily caused by an overly low pitched speaking voice and too many glottal onsets.

11. Over-function of this gland lowers the pitch of the voice and coarsens the quality of the sound.

12. Symptoms of this hormonal change include vocal fatigue, hoarseness, loss of range, vocal fold swelling and breathiness.

13. This hormone, and other like it, can cause permanent changes in a woman’s vocal folds – thickening and stiffening connective tissues, altering range downward.

14. One early symptom of this disorder is a lowered basal body temperature.
15. Elevating the head and shoulders, eating several hours before bedtime or singing, avoiding caffeine, acidic foods, milk/dairy products and alcohol, are all tips for avoiding what potentially voice threatening condition?

16. This surgical procedure involves placing a flexible tube between the vocal folds into the trachea.

17. Washing your hands frequently with hot soapy water and keeping them away from your mouth, nose and eyes are the best way to avoid what?

18. The best thing to do when you have an upper respiratory infection.

19. This condition is generally caused by bacteria and is marked by swollen or inflamed tonsils and lymph glands of the neck.

20. This condition (viral or bacterial) is marked by red, swollen vocal folds, and a weak, husky or non-existent speaking voice.

21. Fatigue of the vocal folds, intrinsic muscles, respiratory muscles and thickened mucus are some of the results of this.

22. Varied dynamics, speak-singing, avoiding extreme notes (low and high) are all techniques for this type of rehearsing.

23. A consistent program of testing voices on an individual basis is essential to maintaining a healthy choral program with young singers. This is in order to avoid what problem?

24. This is the single most important trait of young voices (junior high through college undergrad) to remember when training them.

25. Good technique plus this factor can be as destructive to the laryngeal muscles as poor technique.

26. List three primary vocal tissue irritants in society.

27. List three drawbacks of air travel for singers.

28. What are two simple ways you can maintain good hydration?

29. What type of rest is necessary immediately after a performance?

30. Name three sure-fire cures for stage fright.