



**Communicate Anew**  
SPEECH & LANGUAGE THERAPY

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# When Should I Schedule a Voice or Upper Airway Evaluation?

## VOICE

- Changes to my voice have lasted greater than 2 weeks.
- My voice is hoarse, raspy, rough, strained, or I have no voice when I speak or sing.
- My pitch range has reduced or breaks.
- I feel like I run out of breath when I sing or speak for extended periods of time.
- I am embarrassed to speak to other people because of the change in my voice.
- I cannot do my job because of my voice.
- It is painful to speak and/or sing.
- My throat feels tight when I speak.
- I am experiencing excessive coughing or throat clearing.

## UPPER AIRWAY

- I feel as if I run out of air when I am speaking or exercising.
- My throat feels like it is closing or is tight when speaking or exercising.
- There is an audible sound when I inhale (stridor).
- My asthma medicine does not seem to help my symptoms.
- I feel as if I can't take a deep breath, especially through my nose.
- My symptoms worsen when I am stressed, when my anxiety is heightened, or when I eat certain foods (reflux).
- I am experiencing excessive coughing or throat clearing.

If you answered "yes" to more than 1 of the areas above, consider speaking with a speech-language pathologist (SLP) about scheduling a consultation.

**NOTE:** It is best practice to see an otolaryngologist (ENT) in order to visualize the vocal folds *before* treatment by your SLP begins.