

Mayo Clinic Minute

Inside Your Voice

	AUDIO
	Ahh...
	A lot is happening in Kathy's body to create the sounds she's making in this exam.
	Ahh...
	Mayo Clinic voice specialist Dr. Amy Rutt says, it all starts with Kathy's lungs.
Title: AMY RUTT, D.O. EAR, NOSE AND THROAT Mayo Clinic	That is your breath support. Without that, you have a very weak voice.
	Air from the lungs pushes through vocal folds – or what many people call the vocal cords.
	Eee...
	The vibration creates sound ...
	And high to low. Eee...
	That sound is shaped into words by muscles controlling the soft palate, tongue, oral cavity and lips.
	Some of the most common disorders that we see in our voice clinic include vocal fold paralysis or weakness, where the vocal fold doesn't move or doesn't meet the other vocal fold to produce voice.

<p>Graphic: VOCAL FOLD ISSUES Paralysis Weakness Swelling Nodules, polyps, cysts</p>	<p>Other issues include swelling of the folds, nodules, polyps or cysts on them.</p>
	<p>So these are your vocal folds.</p>
<p>Graphic: SYMPTOMS Breathiness Hoarseness Raspy or scratchy voice</p>	<p>Problems on the folds can cause symptoms like breathiness, hoarseness, and a raspy or scratchy voice.</p>
	<p>These are the symptoms that are best to have investigated.</p>
	<p>Dr. Rutt recommends seeing an ear, nose and throat specialist.</p>
<p>Graphic: newsnetwork.mayoclinic.org</p>	<p>For the Mayo Clinic News Network, I'm Jeff Olsen.</p>