

## Mayo Clinic Minute

### What happens when you vocal fry

Video	Audio
<b>Vivien Williams</b>	Vocal fry is in the news. It's a popular way of talking that sound like this. (sound) Some people think it's cool. But after a while, vocal fry might damage your vocal cords.
<b>David Lott, M.D. Otorhinolaryngology Mayo Clinic</b>	"It's such a part of our culture at this point that we can go into vocal fry without recognizing it."
<b>Vivien Williams</b>	Dr. David Lott says vocal fry is the lowest register of your voice.
<b>David Lott, M.D.</b>	"Problem with using vocal fry is that you squeeze the back part of your vocal folds tightly, and the vocal folds themselves are really loose. Instead of having a nice, fluid motion when the vocal folds vibrate, they're vibrating chaotically. And the vocal folds aren't really designed to do that for long periods of time.
<b>Vivien Williams</b>	It's like any overuse injury, such as tennis elbow.
<b>David Lott, M.D.</b>	"Anytime you go out of that designed area and you live in the extremes for an extended period of time ... theoretically you can have problems."
<b>Vivien Williams</b>	Most people can stop using vocal fry just by being aware of it. And if your vocal folds are damaged, there is therapy and treatment to help.  For the Mayo Clinic News Network, I'm Vivien Williams.