



HOARSENESS OF VOICE

Raspy voice or loss of voice

CAUSES

IRRITANTS

Cigarette smoke (even second-hand) and alcohol can induce hoarseness of the voice by irritating the throat. It is advisable to minimize exposure to these substances.

Symptoms:

- Hoarseness of voice
- Scratchy, sore feeling in throat

DO:

- Rest your throat and voice by speaking as little as possible.
- Drink warm fluids to help ease the swelling of the throat.

DON'T:

- Don't smoke or drink alcohol if you are suffering from laryngitis, as these will only irritate the throat.

RESPIRATORY INFECTION

Hoarseness of the voice is a primary symptom of laryngitis. It is a condition wherein the larynx (or voice box) is inflamed, usually after or during a respiratory infection like a cold or the flu.

Symptoms:

- Hoarseness of voice
- Respiratory infection (cold, flu, pneumonia or bronchitis)
- Scratchy, sore feeling in throat
- Fever, in some cases

DO:

- Rest your throat and voice by speaking as little as possible.
- Drink warm fluids to help ease the swelling of the throat.
- Seek help if the symptoms of the respiratory infection are persistent. You may need antibiotics.

DON'T:

- Don't smoke or drink alcohol if you are suffering from laryngitis, as these will only irritate the throat.



Studies show that second-hand smoking (inhaling smoke that is exhaled by a smoker) is more harmful than the actual act of smoking. Stay in a smoke-free environment. Avoid the company of smokers.



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OVERUSE

Hoarseness of the voice may be a result of straining or overusing the vocal chords. Excessive talking, singing and shouting are the usual causes of a strain of the vocal chords.

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DON'T:

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INSOMNIA

Having a hard time falling asleep or going back to sleep after waking up in the middle of the night

CAFFEINE, ALCOHOL AND OTHER SUBSTANCES

Caffeine and alcohol are substances known to affect the body's system with restlessness and inability to sleep. In moderate amounts they can combat drowsiness, but if taken in excess, a person may have difficulty sleeping despite being very tired. Smoking, some decongestants and some diet pills may also have this effect on the body.

Symptoms:

- Difficulty in sleeping
- Drowsiness during the day

DO:

- Normalize your sleeping pattern by setting regular times to sleep and wake up.
- Try drinking warm milk to help you sleep.
- Get some regular exercise.
- Reduce your intake of caffeine, alcohol and other substances that might keep you awake at night.
- Avoid taking long naps during the day.
- Make your bed as comfortable as you would like.

DON'T:

- Don't struggle to fall asleep. Read a book instead, listen to music or try other relaxation techniques.
- If you are having trouble going back to sleep after waking up in the middle of the night to urinate, don't drink fluids right before going to bed.