

Celebrate World Voice Day

You are invited to celebrate the human voice
with a special concert led by:

Adam D. Rubin, MD and

Cristina Jackson-Menaldi, PhD,

directors of the Lakeshore Professional Voice Center,
Lakeshore ENT.



Lakeshore
EAR, NOSE, THROAT CENTER, PC

Thursday, April 21, 2011

6:30 – 8:30 p.m.

The Baldwin Theatre

415 S. Lafayette

Royal Oak, MI 48067

Raise awareness of your vocal health while you enjoy
wonderful performances of popular musical theater,
opera, gospel and rock and roll.

RSVP requested by April 15, 2011 by calling

1-866-501-DOCS or email at healthconnect@stjohn.org

Value your voice

Open your ears and listen to your voice

Invest in your vocal health

Care for your voice

Evaluate your voice

10 Tips for a Healthy Voice:

1. Avoid screaming and talking over loud noise.
2. Drink plenty of water.
3. Do not smoke. Avoid second-hand smoke and other irritants.
4. Learn and use good vocal technique.
5. Take frequent “voice naps”. Rest your voice when you can, particularly if you are hoarse or sick.
6. Pay attention to any change in vocal quality. If hoarseness does not resolve completely with voice rest seek medical attention.
7. Avoid clearing your throat (sip water instead).
8. Use amplification when speaking to large groups.
9. Keep airflow smooth during exercise. Do not hold your breath and bear down.
10. Avoid foods that irritate your throat or cause acid reflux.

