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.

Tuesday, April 23, 2013
6:30 p.m.
Grosse Pointe War Memorial Auditorium
32 Lakeshore Drive
Grosse Pointe Farms, MI 48236

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

RSVP requested by April 16, 2013 by calling 1-866-501-DOCS or email at healthconnect@stjohn.org
10 things 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.
10. Avoid foods that irritate your throat or cause acid reflux.