

Taking good care of your voice is important for those diagnosed with Parkinson's disease. There are simple things you can do to help keep your throat and voice healthy.

Hydration and Humidity

- Drink plenty of water or other fluids each day, with a goal of 8-10 glasses
- Use a humidifier, especially in the bedroom, during the dry winter months
- Let the steam accumulate in the bathroom after a shower and take the time to breathe it in
- Breathe through your nose whenever possible

Avoid Dehydrating Substances

- Limit caffeine (coffee, tea, soda, chocolate) and alcohol
- Avoid throat drops that contain Menthol
- Don't smoke and try to stay away from smoke filled environments
- If you experience heartburn, talk to your doctor about medications to treat this symptom

Minimize Vocal Strain

- Try not to strain your voice by talking over noise, such as a TV or music
- Sporting events are exciting, and cheering can be hard on the voice! Consider clapping or waving an object to show your support.
- Instead of straining to talk to someone across the room, walk over to them to talk
- Minimize throat clearing – use a silent cough, hard swallow or hum
- Pause for breath frequently as you are speaking
- Sing within a comfortable and easy pitch range
- Take a break – balance speaking and quiet time
- If your voice feels tired, rest it
- “Baby” your voice when you have an upper respiratory infection or sore throat by drinking extra fluids and reducing your talking time

Involving Your Team:

A speech-language pathologist can help you learn good voice habits, and develop a program especially for you!