

I HAVE A VOICE DISORDER

Please be patient with me and try to listen closely
as it may be difficult for me to speak.

My voice may break, sound strained
or shaky. I may only be able to speak
in a whisper or it may sound weak.

Stress can aggravate my voice, so
I may struggle to get my words out.

It helps to eliminate background noise
as my voice may not have a lot of volume.

Please understand that I may need to
write down what I am trying to say or
type it on my cell phone.

National Spasmodic Dysphonia Association
800-795-6732 | www.dysphonia.org

