NATIONAL SPASMODIC DYSPHONIA ASSOCIATION

Celebrating OUR VOICE

A collection of essays, poems, and artwork by those living with spasmodic dysphonia and related voice conditions



FEATURED CONTRIBUTORS: Jyothirmai ("Jody") Narayan, Jason Sherlock, and Laura Rahuba



Found a New Voice

By Laura Rahuba

"Voice is a part of one's identity. When I lost my natural speaking voice, I lost a part of myself. After the grief passed, I learned to love and accept my new voice, both literally and figuratively."



Lean on Me

By Madelyn R.

"It is so important to have supporting friends who encourage and support one on this journey."





Scream

By Judith Jo Robison-Bullard

"This image accurately depicts the way I feel so many times being unable to communicate. I want to "scream" in anger and frustration."



Pushed Aside

By Marion Schwartz

"PUSHED ASIDE was inspired by the despondent feelings I've had, even in a beautiful, tranquil setting, when struggling with the fiery pain and often lonesome, off-putting, and impatient responses by others when I try to communicate."





Speak

By Alicia Jarma

"My four year journey with SD was life-changing. Misdiagnosed for one and a half years, unable to speak, lost my 30-year high-paying sales position, my husband of 25 years, my house, living with parents, all because I was unable to SPEAK. During a hospital stay I met the artist and he painted for me. It's still a journey."



Let It Flow

By Mary Ann Culotta

"It took a year and a half for me to be diagnosed with spasmodic dysphonia. During that time was difficult. I felt blocked from my usual source of communication with friends and family - my voice. "Let it Flow" expresses the feeling I experienced after Botox[®] and the voice responded with beautiful sounds again just like rushing water from my mouth depicted in the art! My world came alive and all seemed right in nature."

