

Educational Resources from the NSDA

To Learn About Voice Conditions and Their Treatments
and to Track Symptoms
Gathered by Carol Doles

- [NSDA Website](#) – Explanation of voice conditions and treatment options
- [NSDA YouTube Channel](#) – Contains a variety of videos: presentations by medical professionals, voice samples from others with voice conditions, descriptions of living with voice conditions, motivational, etc...
- [When BOTOX Disappoints](#) – In this video, Dr. Bastian provides information about the treatment cycle. He also has an excellent description of the level of affect from an injection on swallowing and voice quality (breathiness)
- [Information on Botulinum Toxin Injections](#)
- [Downloadable Botulinum Toxin Injection Tracking Chart](#) – Available on our NSDA website
- [Example of a BOTOX Diary](#)
- [Example of a Questionnaire for Adductor SD](#)
- [Example of a Questionnaire for Abductor SD](#)