

**VOICE DISORDERS IN PROFESSIONAL VOICE USERS: ETIOLOGY,
DIAGNOSIS AND MANAGEMENT**

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Annotation: *Voice is a vital tool for professional voice users, including teachers, singers, actors, broadcasters, and call center workers, whose occupational performance depends on vocal quality and endurance. Voice disorders among these groups are common due to excessive vocal load, improper vocal techniques, environmental factors, and psychological stress. The prevalence of dysphonia in professional voice users ranges from 20% to 80%, often leading to reduced work efficiency, absenteeism, and diminished quality of life. The etiology is multifactorial, involving physiological, acoustic, and behavioral aspects. Continuous vocal strain may lead to structural lesions such as nodules, polyps, cysts, or functional dysphonia caused by poor vocal habits. Early diagnosis and appropriate management are crucial to prevent chronic vocal damage and ensure optimal vocal performance.*

Keywords: *Voice disorders, professional voice users, dysphonia, laryngoscopy, vocal hygiene, voice therapy, phonotrauma.*

Objective: The objective of this study is to analyze the etiology, diagnostic methods, and management strategies of voice disorders in professional voice users, highlighting the importance of prevention, early detection, and multidisciplinary care to maintain vocal health and performance.

Materials and Methods: This study was based on a comprehensive review of literature, clinical observations, and case analyses involving 120 professional voice users from different occupational backgrounds, including teachers, singers, and broadcasters, who presented with symptoms of hoarseness, vocal fatigue, or throat discomfort. All subjects underwent detailed case history collection, laryngoscopic and stroboscopic examination, acoustic and aerodynamic voice assessments, and self-perceived vocal handicap evaluation using the Voice Handicap Index (VHI). Data were analyzed to identify common etiological factors and to assess the efficacy of various



management approaches such as behavioral voice therapy, pharmacological intervention, and surgical treatment.

Results: The findings demonstrated that 65% of participants exhibited functional voice disorders, 25% had structural lesions like nodules and polyps, and 10% showed signs of laryngopharyngeal reflux or neurological dysphonia. The most prevalent etiological factors included excessive voice use (70%), inadequate vocal technique (45%), environmental irritants (30%), and psychological stress (25%). Teachers represented the highest risk group due to continuous speaking in noisy environments. Voice therapy, particularly using resonant voice and vocal hygiene education, led to significant improvement in 80% of cases, while surgical interventions were required in 15%. Early identification and regular vocal care reduced recurrence and improved professional longevity.

Discussion: The results emphasize that professional voice users are at significant risk for developing voice disorders due to occupational demands. Lack of vocal training, poor breathing control, and neglect of early symptoms often exacerbate the problem. Preventive measures, including education about vocal hygiene, periodic vocal assessment, and ergonomic modifications, are essential. The integration of otolaryngologists, speech-language pathologists, and voice coaches provides a comprehensive management framework. Regular vocal rest, hydration, and stress management significantly contribute to maintaining vocal health. Moreover, early rehabilitation prevents the development of irreversible structural lesions. The use of advanced diagnostic tools such as videostroboscopy and acoustic analysis allows for precise assessment and individualized treatment planning.

Conclusion: Voice disorders in professional voice users represent a major occupational health concern with significant functional and psychosocial consequences. Multifactorial etiologies require an interdisciplinary approach for diagnosis and management. Preventive education, early diagnosis through regular screening, and personalized therapy are fundamental to preserving vocal quality and career longevity. Comprehensive voice care programs should be incorporated into occupational health protocols for all professional voice users to promote sustainable vocal performance and overall well-being.

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