

APPENDIX

SYMBOL DEFINITIONS FOR TABLES TO FOLLOW

- N = No known effects on voice or speech mechanisms.
- D = Dry mouth. Dry mucous membranes can result in hoarseness, sore throat, and voice changes. Dry vocal folds may be more prone to injuries, such as nodules.
- O = Overgrowth of Candida, possibly leading to laryngeal thrush.
- Th = Throat irritation and dryness, cough, hoarseness and voice changes. Dry vocal folds may be more prone to injuries, such as nodules.
- *T = Tremors.
- P = Decreased platelet function. Vocal performers, particularly, should be cautious during periods of strenuous voicing demands, due to an increased possibility of vocal fold hemorrhage.
- B = Beneficial when used, carefully monitored by a physician, to shrink swollen vocal tissues. Not advisable for patients with vocal fold ulcers, hemorrhages, or acute laryngitis.
- R = May benefit the voice when taken to control laryngopharyngeal reflux (LPR) since uncontrolled spillage of stomach acids into the larynx is harmful to delicate vocal fold tissues.
- S = Slurred speech and symptoms of dysarthria (slow, uncoordinated speech).
- G = Increased cough and gastroesophageal reflux.
- C = Excessive coughing which may lead to possible vocal tissue damage and hoarseness.
- M = Could affect the voice due to strong effects on muscles.
- L = Uninhibited or diminished drive to speak.

Source: *National Center for Voice and Speech* (www.ncvs.org)

** T was initially labeled Tr in the book, but is now correctly labeled T in this updated key and was correctly labeled in the tables.*