

# Gender Affirming Voice Therapy

## Speech-Language Pathology Services

While a person does not need to change their voice according to their gender identity, many patients wish to modify their voice and we are here to help! Our goal is to support you in your voice journey and ensure you feel comfortable with your voice.

### Gender Affirming Treatment Options for Voice

GENDER AFFIRMING HORMONE THERAPY	VOICE FEMINIZATION + VOICE MASCULINIZATION	SURGICAL OPTIONS
Testosterone deepens the voice; estrogen does not affect the voice.	Work with a speech-language pathologist to target pitch, resonance, intonation, articulation and non-verbal characteristics.	Often patients still work with a speech-language pathologist after surgery for vocal training and vocal hygiene.

### Vocal Hygiene and Vocal Health

A healthy voice is much easier to modify and change to fit your individual goals. Voice therapy will target vocal hygiene as well as voice modification. Some important things to consider with regard to vocal hygiene:

- + **Water intake:** Your vocal folds hydrate from the inside out like the rest of your body. It is important for them to be well hydrated for vocal hygiene and modification. Typically, we recommend half one's body weight in ounces of water per day (100 pounds=50 ounces). Check with your primary care provider to make sure it is accurate for you.
- + **Caffeine/Alcohol:** Caffeine and alcohol dehydrate your vocal folds. We recommend limiting these.
- + **Smoking:** Smoking damages your vocal folds and makes voice modification more challenging. It also increases dysphonia [trouble with the voice when trying to talk, including hoarseness and change in pitch or quality or voice.] We encourage smoking reduction and cessation. Talk with your primary care provider if you are interested in smoking cessation.

If you have a history of vocal pathologies or dysphonia, we may recommend a referral to an ear, nose and throat doctor (ENT) for further evaluation.

Interested in gender affirming voice therapy with a speech-language pathologist? We are here for you!

For more information, call **860-358-2700**, or ask your provider for a referral.