

Voice Care During Radiotherapy

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Information for Head and Neck
Radiotherapy and Chemoradiotherapy Patients


Speech and Language Therapy

Radiotherapy treatment to your throat, or the areas surrounding, can cause changes in your voice, for example:

- Hoarse sound
- A deeper pitch
- Weak voice with low volume
- Breathy voice
- Loss of voice

These changes to your voice usually start mid-way through the treatment and may continue after the treatment has finished.

Some ways you can help your voice:

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- Drink plenty of water, weak squash etc
 - Try steam-inhalation, but avoid menthol inhalations
 - Suck small sugar free sweets
 - Have times when you rest your voice

Try to avoid:

- Smoking
- Smoky, dusty atmospheres
- Alcohol (particularly spirits)
- Caffeine drinks e.g. tea / coffee
- Menthol based sweets e.g. Locketts / Soothers
- Forced whispering – quiet talking is best
- Throat clearing
- Talking over loud background noise

The Speech and Language Therapist

The Speech and Language Therapist is available to help and advise at any stage of your treatment.

Individual appointments can be arranged as necessary. If you are having specific problems please contact the team as per the details below.

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