

## Vocal Cord Disorders:

<b>Laryngitis</b>	Laryngitis is often characterized by a raspy or hoarse voice due to inflammation of the vocal cords. Laryngitis can be caused by excessive use of the voice, infections, inhaled irritants, or gastroesophageal reflux (the backup of stomach acid into the throat).
<b>Vocal Nodules</b>	Vocal nodules are benign (non-cancerous) growths on the vocal cords caused by vocal abuse. Vocal nodules are a frequent problem for professional singers. The nodules are small and callous-like and usually grow in pairs (one on each cord). The nodules usually form on areas of the vocal cords that receive the most pressure when the cords come together and vibrate (similar to the formation of a callous). Voice nodules cause the voice to be hoarse, low, and breathy.
<b>Vocal Polyps</b>	A vocal polyp is a soft, benign (non-cancerous) growth, similar to a blister. A polyp usually grows alone on one vocal cord and is often caused by long-term cigarette smoking. Other causes of vocal polyps include hypothyroidism (underactive thyroid gland), gastroesophageal reflux, and continuous voice misuse. Voice polyps cause the voice to be hoarse, low, and breathy. Vocal polyps are also called Reinke's edemas or polypoid degeneration.
<b>Vocal Cord Paralysis</b>	Paralysis of the vocal cords may occur when one or both vocal cords or folds does not open or close properly. A common disorder, this condition can range from relatively mild to life threatening. When one or both vocal cords are paralyzed, the open cord(s) allows food or liquids to slip into the trachea and lungs. A person may experience difficulty swallowing and coughing. Vocal cord paralysis may be caused by the following: head trauma, neck injury, stroke, tumor, lung or thyroid cancer, certain neurological disorders (e.g., multiple sclerosis or Parkinson's disease) and viral infection. Treatment may include surgery and voice therapy. Sometimes, no treatment is necessary and a person recovers on his/her own.

Sometimes, less common disorders of the vocal cords occur due to voice misuse or disease, such as contact ulcers and laryngeal papillomatosis.

<b>Contact Ulcers on the vocal cords</b>	Contact ulcers on the vocal cords can occur when too much force is used in speech. When the vocal cords are excessively forced together, ulcerated sores may occur. Tissue may also wear away on or near the larynx cartilages. Ulcers sometimes are also caused by gastroesophageal reflux. Contact ulcers may cause the voice to tire easily and may cause a sore throat.
<b>Laryngeal Papillomatosis</b>	Laryngeal papillomatosis is a rare disease caused by the human papillomavirus (HPV). More than 60 HPVs exist. Laryngeal papillomatosis causes the growth of tumors inside the voice box, vocal cords, or the air passage from the nose to the lungs. Most laryngeal papillomas (tumors) occur in children before the age of three. The tumors are usually quick growing and can vary in size, causing breathing and swallowing problems. Other symptoms may include coughing and hoarseness. Treatment for laryngeal papillomas may include surgery to remove the tumors. Other treatment options may include: chemotherapy antibiotics Because the tumors tend to return, repeat surgery may be necessary. Always consult your physician for a diagnosis.