

Excessive Singing and Performances Put Artists at Risk of Damaging Vocal Cords

Dr. Babak Larian, an ear, nose and throat specialist and head and neck surgeon in Los Angeles, treats many patients who suffer from throat problems as a result of excessive abuse and stress to the vocal cords from singing.



Throat and vocal fold specialist Dr. Babak Larian of the CENTER for Advanced Head & Neck Surgery in Beverly Hills explains that while first time voice disorders can usually be treated by simply resting the voice or voice therapy, reoccurring vocal cord problems will require surgery. Extensive impact and stress on the vocal cords, as seen in many singers, can lead to a variety of problems. Both professional and amateur singers are prone to the following vocal disorders: polyps, nodules and hemorrhages.

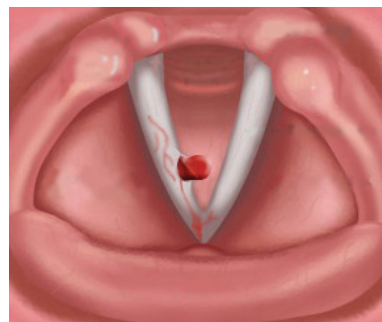
“Many vocal fold problems are caused by stress that accumulates as a result of heavy or improper voice use. This is why we see so many performers experiencing voice disorders. Without proper rest, the vocal folds will continue to be traumatized, which can ultimately lead to permanent damage,” said Dr. Larian. In many cases, Dr. Larian finds that surgery is the most effective way to remove the cause of the vocal disorder. For example, patients suffering from chronic hemorrhaged vocal cords benefit from surgery because it removes the physical abnormality that causes the blood vessels to rupture.



(Hemorrhage)



(Nodules)

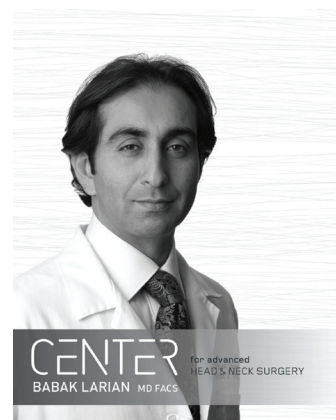


(Polyp)

Voice disorders are very common among professional artists. Recently British singer, Adele, underwent surgery to treat her vocal cord hemorrhage. Adele made the tough decision to cancel her current concert tour to seek out the care she needed in order to avoid permanently damaging her voice. She had been experiencing recurrent bleeding, which caused a benign polyp to form on her vocal cord. The surgery was successful and Adele is expected to make a full recovery. Country singer, Keith Urban, also successfully underwent throat surgery to remove a polyp that developed on his vocal cord. Other singers who have undergone throat surgery include John Mayer, R. Kelly and Steven Tyler.

Since singers put so much stress on their voices, it is important for them to recognize the signs of vocal cord straining and to rest when necessary. If not, they will have to undergo surgery like many of their fellow singers.

Dr. Babak Larian, the Chairman and the Director of the CENTER for Advanced Head & Neck Surgery in Los Angeles, is a highly experienced and reputable, board-certified ear, head and neck surgeon, specializing in ear, nose and throat surgery. Dr. Larian is nationally renowned for his expertise in minimally invasive surgery techniques in the treatment of sinus, thyroid, parathyroid, salivary glands and throat disorders.



For more information about the CENTER please visit www.LarianMD.com.