

International Voice Academy Course Understanding the Voice: Holistic Approach to the Diagnosis and Treatment of Dysphonia

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All participants will receive a complimentary LaxVox tube.

Voice is the cornerstone of human civilization. Anatomy books that offer two-dimensional perspectives are not enough to understand voice. It is also not possible to fully grasp human voice with the three-dimensional information gained from cadaver studies. To understand an organ whose primary function is movement, it is necessary to physically understand and analyze movement. Only then can diagnosis and treatment be carried out consciously and purposefully. This training aims to shed light on different perspectives for clinicians who wish to engage consciously and purposefully in understanding and rehabilitating voice.

08:00 - 08:30

Registration and Morning Music

08:30 - 09:15

A Multidimensional Approach to the Formation of the Human Voice: The Missing Link Between Theory and Practice

Human acoustics involves not only the understanding of sound waves but also the aerodynamic, biomechanical, and cybernetic processes. How is the pressurized air that vibrates the vocal folds created? How do the vocal folds vibrate, and how does the filtering function of the vocal tract work? How does the relationship between harmonics and formants affect sound? The answers to these questions are possible through explaining the physioanatomy with the help of physics.

09:15 - 10:30

Voice Disorders

Classifying voice disorders can be done by understanding the etiopathogenesis. In

this section, organic, functional, and neurogenic pathologies will be defined and exemplified.

10:30 - 11:00

Coffee Break

11:00 - 12:30

Methods Used in the Differential Diagnosis of Dysphonia

The diagnosis of hoarseness can be made using various methods. The most important of these include imaging techniques (endoscopy, stroboscopy, kymography, high-speed imaging). Acoustic and aerodynamic analyses, while providing numerical values, are secondary in diagnosis. Subjective analysis, on the other hand, aims to assess the voice perceptually from both the clinician's and the patient's perspective.

12:30 - 13:30

Lunch Break

13:30 - 15:00

Fundamental Principles of Voice Therapy and Therapy Techniques

Voice therapy encompasses all behavioral methods and practices used in the treatment of voice disorders. Understanding voice therapy is equivalent to understanding the voice itself. The principle that "form follows function" is the essence of voice therapy. In this session, we will explore how therapy is applied, under what conditions, for how long, and over how many sessions. Which method should be used for which patient, and for what purpose? Indirect methods do not include vocal exercises; instead, they aim to manage the negative factors affecting the voice. Direct methods, however, include exercises aimed at changing vocal behaviour.

15:00 - 15:30

DoctorVox Voice Therapy Technique

15:30 - 16:00

Coffee Break

16:00 - 17:30

Interventional Applications in the Treatment of Voice Disorders: Basic Principles, Indications, and Methods

What are the interventional methods used in the treatment of voice disorders? When are fillers, botox, or laser treatments applied to the vocal cords? When is surgery necessary? Voice surgery is a function surgery. How is the surgical decision made, and how are the goals and methods of phonosurgery determined? In this section, basic principles and techniques will be discussed with sample images and videos of interventional applications. Preventive measures and practices before and after surgery will also be explained.

17:30 - 18:30

Discussion

The International Voice Academy Course is being performed with the contributions of DoctorVox.