

# A quiz: How healthy is your voice?

## Are you in the vocal danger zone?

Give yourself 4 points for every A selected; 3 points for every B; 2 points for every C; 1 point for every D; and 0 points for each E. Tally your score.

### 1. I get hoarse after teaching:

- a.) Daily
- b.) During a full week
- c.) By the end of the school year
- d.) Occasionally
- e.) Never

### 2. My hoarseness goes away:

- a.) Never
- b.) Over the winter holiday/spring break/summer
- c.) Over the weekend
- d.) Overnight
- e.) Not applicable; I don't get hoarse.

### 3. My voice gets fatigued from teaching:

- a.) Daily
- b.) Not every day, but more often than once a week
- c.) Once a week
- d.) Frequently
- e.) Never

### 4. My fatigue goes away:

- a.) Never
- b.) Over Christmas/spring break/summer
- c.) Over the weekend
- d.) Overnight
- e.) Not applicable; I don't get fatigued.

### 5. I speak loudly for a prolonged period of time:

- a.) Daily
- b.) More than twice a week
- c.) Once a week
- d.) Occasionally
- e.) Never

**6. I drink the recommended amount of water** (*adequate intake defined as 3 liters, or about 13 cups, for men, and about 2.2 liters, or about 9 cups, for women, of total beverages daily. - Institute of Medicine*)

- a.) Never
- b.) Occasionally
- c.) Once a week
- d.) At least a few days each week
- e.) Daily

**7. The number of 8 oz. caffeinated beverages I drink daily is:**

- a.) More than six (more than 48 ounces)
- b.) Five or six (40-48 ounces)
- c.) Three or four (24-32 ounces)
- d.) One or two (8-16 ounces)
- e.) None

**8. The number of alcoholic beverages I consume on an average daily basis is:**

- a.) More than six
- b.) Five or six
- c.) Three or four
- d.) One or two
- e.) None

**9. The number of cigarettes I smoke a day:**

- a.) More than a pack a day
- b.) Eleven to twenty
- c.) Six to ten
- d.) One to five
- e.) None

**10. I have been smoking for:**

- a.) More than twenty years
- b.) Between ten and twenty years
- c.) Six to ten years
- d.) One to five years
- e.) Not applicable; I am not a smoker.

**11. I eat soon before going to bed:**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) Once a week
- d.) Occasionally (less than once per week)
- e.) Never

**12. I wake up with a bitter taste in my mouth:**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) Once a week
- d.) Occasionally (less than once per week)

e.) Never

**13. My voice gets hoarse after I eat:**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) Once a week
- d.) Occasionally (less than once per week)
- e.) Never

**14. I experience pain or discomfort from speaking (or singing):**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) Once a week
- d.) Occasionally (less than once per week)
- e.) Never

**15. I shout over my students' talking or singing:**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) Once a week
- d.) Occasionally (less than once per week)
- e.) Never

**16. I have difficulty with my voice:**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) once a week
- d.) only when I'm sick
- e.) never

**17. I have difficulty projecting my voice:**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) Once a week
- d.) Only when I'm sick
- e.) Never

**18. I lose my voice:**

- a.) Daily
- b.) Not every day, but more than once a week
- c.) Once a week
- d.) Only when I'm sick
- e.) Never

**19. People comment about my voice (negatively):**

- a.) Daily
- b.) Once a week

- c.) Once a month
- d.) Only occasionally
- e.) Never

**20. I use amplification when I teach:**

- a.) Never
- b.) About once a month
- c.) More than once a month, but less often than weekly
- d.) Once or twice per week
- e.) Always

**21. I feel that I can't teach effectively because of my voice:**

- a.) All the time
- b.) Weekly
- c.) Monthly
- d.) Once in a while
- e.) Never

**22. I clear my throat and/or cough:**

- a.) All the time
- b.) Frequently
- c.) Occasionally
- d.) Only when I'm sick
- e.) Never

**23. If I average my voice use for extracurricular activities (coaching, clubs, musicals, parenting) on a daily basis, I use my voice for these activities each day:**

- a.) More than 6 hours
- b.) 5-6 hours
- c.) 3-4 hours
- d.) 1-2 hours
- e.) Less than 1 hour

**24. I've considered changing professions because of my voice difficulties:**

- a.) All the time
- b.) Often
- c.) Several times
- d.) Infrequently
- e.) Never

**25. My throat hurts after I speak all day:**

- a.) Every day
- b.) Not every day, but more than once a week
- c.) Weekly
- d.) Occasionally
- e.) Never

**0-20 points:** Your voice is in tiptop shape! You are likely aware of the elements of voice use and voice care that help that help prevent vocal injuries. Keep up the good work!

**21-40 points:** You are doing a good job of taking care of your voice. You probably experience some vocal fatigue and notice when you over-do it with your voice, but you are healthy enough to recover fairly quickly. You may want to brush up care of the voice and healthy voice production tips to optimize your vocal health.

**41-60 points:** You may be experiencing enough vocal difficulties that warrant a visit to a laryngologist and voice pathologist, particularly if you've experienced symptoms for more than two weeks. An experienced voice pathologist can teach you efficient and healthy ways to produce voice and help prevent further injury. The physician can evaluate the health of your vocal fold tissue and address potential reflux issues.

**61-80 points:** You are in the vocal danger zone. You should seek one-on-one care with a laryngologist and voice pathologist as soon as possible to get help with your voice issues.

**81-100 points:** Your voice is in critical need of care. Your voice issues are severe, and it is unlikely that you've been able to function as a teacher due to your voice difficulties. You must seek help from a medical voice team as soon as possible.