



## Treatment Updates

### Sydney Voice Clinic:

A multidisciplinary clinic for the diagnosis of voice and swallowing disorders

#### THE SYDNEY VOICE CLINIC

The Sydney Voice Clinic is a multidisciplinary Clinic established in 1988 for the diagnosis and treatment of voice and swallowing disorders. The Clinic is run by Associate Professor Thomas Havas with the assistance of speech pathologist Jocelyn Priestley. It was the first integrated Voice Clinic established in Australia where conjoint assessment by an Otolaryngologist and a Speech pathologist took place utilising the latest **Video Endoscopic, Electrophysiologic Diagnostic Techniques.**

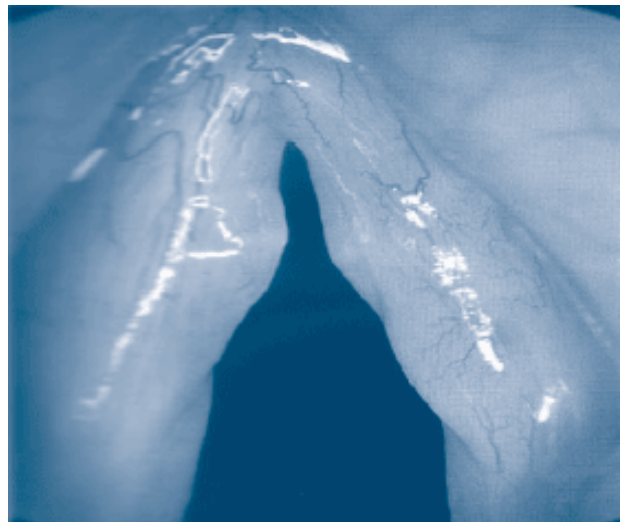
Conjoint consultation takes place in our state of the art Voice Laboratory. Each patient is given a comprehensive questionnaire concerning various aspects of their medical history, including general medical history, specific voice history and vocal requirements.

Acoustic analysis is undertaken using the latest computerised "Kay" voice analysis package. This provides a visual representation of the dynamics of voice in terms of any abnormal features, their probable aetiology and serves as a guide for appropriate treatment.

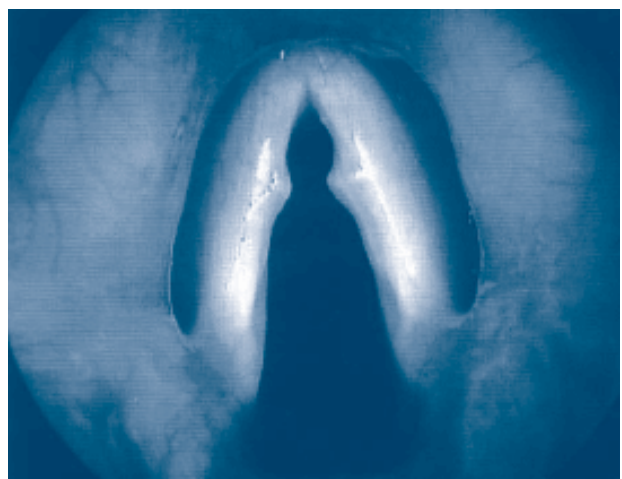
**A Flexible fiberoptic telescopic examination** is undertaken on every patient and the images are projected on to a large screen for the patient to see first hand what their larynx and surrounding hypo pharynx looks like. If any pathology is present this can be highlighted for the patient's better understanding of the condition.

Stroboscopic examination involves a rapidly flashing light, which slows down the movement of the larynx so that any subtle problems – particularly those associated with prolonged professional voice use – can be demonstrated, diagnosed and appropriately treated. A digital recording of the examination is made in every case. The option exists for either digital recording and/or appropriate video prints to be given to the patient or subsequent therapists.

In particularly complex cases electrophysiological diagnosis can take place. This involves inserting a



Vocal Polyps



Vocal Nodules



small needle through the skin into the small muscles of the larynx so that electrical activity can be monitored. This is very useful in the diagnosis of various nerve and muscle disorders such as paralysis of the vocal fold or vocal polyps as illustrated on the previous page.

**Vocal Nodules** are small areas of thickening or mini calluses on the vocal folds. They occur due to banging the vocal folds together with excessive tension. Vocal nodules are a common cause of hoarseness in children and adults often being associated with excessive shouting or screaming or excessive strained use of the voice.

- This condition is benign.
- It nearly always responds to speech therapy.

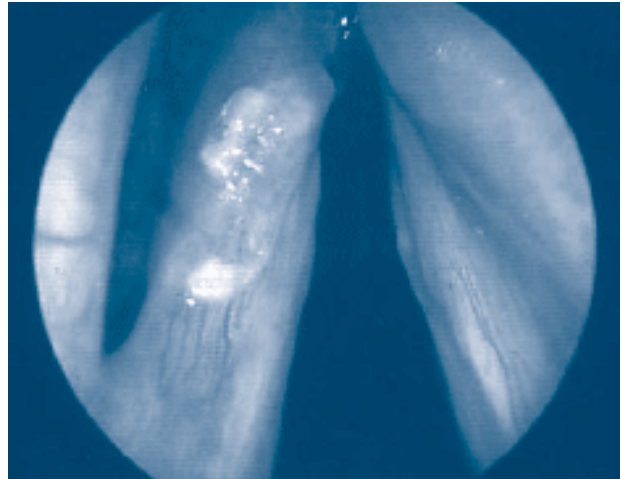
In cases where the nodules are large or mature or speech therapy has failed, vocal nodules are appropriately treated by microsurgical dissection and removal. If vocal habits are appropriately altered the nodules will not recur.

**The Clinic has extensive experience in treating early laryngeal cancers** by the application of lasers without the need for either:

- Radiotherapy;
- Chemotherapy; or
- Loss of the voice box.

Both Associate Professor Thomas Havas and Jocelyn Priestley regularly lecture for several major organisations including the Musical Theatre Company, NIDA, Australian Theatre for Young People, the Catholic Education Department and teachers from the NSW Department of Education.

Teaching seminars are regularly undertaken for major corporations and corporate structures in various aspects of vocal pedagogy and voice habilitation. The Clinic prides itself on its caring and sensitive approach to patients with voice and swallowing disorders and is dedicated to delivering the highest standards of patient care.



Early Laryngeal Cancer



### **A/PROF THOMAS E HAVAS**

A/Prof Thomas E Havas is a senior academic Otolaryngologist with a special interest in voice and laryngeal disorders. He has extensive experience treating a myriad of professional voice users. Performers, singers, actors, barristers, teachers and members of the general community can be counted amongst those who have been assisted with either a voice or swallowing problem.



**If further information is required,  
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### **SPEECH PATHOLOGIST JOCELYN PRIESTLEY**

Speech pathologist Jocelyn Priestley has an international reputation as an acknowledged expert in the treatment of hyperfunctional voice disorders. Unlike many other speech pathologists that treat a variety of conditions, Jocelyn Priestley's sole area of practice is in voice. Over the last twenty years she has acquired significant experience and a well-earned reputation for assisting a diverse range of clients, particularly professional voice users, recover from their vocal problems.

