



DIAGNOSING VOICE STRAIN WITH VIDEOSTROBOSCOPY

To determine the cause of chronic hoarseness or voice problems, try the most advanced test available.

David Essenfeld had a serious problem with hoarseness.

"I'd had a stroke in September of last year and the stroke affected my voice," he recalls. "I was developing hoarseness, and was having a great deal of difficulty speaking."

The problem worried him considerably.

"I was wondering whether or not there was something wrong with my vocal cords, like a growth on the vocal cords," he explains.

David consulted board-certified otolaryngologist Daniel Rothbaum, MD, from Atlantic Ear, Nose & Throat.

"Dr. Rothbaum gave me a thorough examination and a very fine explanation of what was happening. Fortunately, there was nothing on the vocal cords, but there was some strain and irritation."

Videostroboscopy

"David had *muscle tension dysphonia*, which is a medical term for straining

the voice; none of his other doctors was able to explore the problem," reports Dr. Rothbaum. "Most patients who have muscle tension dysphonia have not suffered something like a stroke or other injury to their voice box: some people merely strain their voice when they talk, whereas others have some event or a change in their voice box that leads them to strain their vocal cords."

In the event that a patient requires treatment for dysphonia, Atlantic Ear, Nose & Throat offers *videostroboscopy*, which is a way of obtaining high-resolution images of what is happening in the larynx.

"Videostroboscopy is a specialized test for detecting things like muscle tension dysphonia," adds the doctor. "Very few offices in the Central Florida area offer this service, and we

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are fortunate to be one of them."

David received speech therapy in addition to his other treatment, and is doing well today as a result.

"All of us depend on our voices to communicate, and obviously it's something we use during the course of the day; if they're using it improperly, anyone – not just singers – may be at risk for voice problems that can affect quality of life," cautions Dr. Rothbaum.

"At Atlantic Ear, Nose and Throat, we offer the type of voice care that a

professional voice user such as a singer would require," assures the doctor. "We make that care available to anyone who has vocal problems."

"Wonderful" staff

David has praise for both the staff of Atlantic Ear, Nose & Throat and the treatment he received there.

"I did my speech therapy with Kelly, and she is an absolutely delightful person," he emphasizes. "She led me through the exercises, which helped me to a great extent to regain my voice."

"Videostroboscopy truly is one of the gold standards in treating voice disorders," supports speech-language pathologist Kelly Yurasko, MSLP, CCC-SLP. "It helps us to identify anything from nodules on the vocal folds to polyps, cysts, and cancers."

David concludes, "They went a long way toward helping me out of this difficulty, so I have nothing but high praise for Atlantic Ear, Nose and Throat. Every person in that office has always treated me very kindly, with concern and consideration. They're wonderful."

PHOTO—Michael J. Salmo



Daniel Rothbaum, MD, is board certified in otolaryngology. After receiving his undergraduate degree from Harvard University and his medical degree from the Yale School of Medicine, he completed his general surgical internship and residency at Johns Hopkins Hospital, Baltimore, where he focused primarily on facial plastic surgery and reconstruction. Dr. Rothbaum is a member of the American Academy of Otolaryngology—Head and Neck Surgery and the American Medical Association.



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For Audiological & ENT Expertise

The skilled physicians at Atlantic Ear, Nose & Throat welcome your call. They are located in Lake Mary, DeLand, and Orange City. Call (407) 444-5225 or (386) 774-9880 for an initial consultation at any location.