

Hoarseness

The causes of hoarseness range from reflux and **laryngitis**, to **overuse** and **hypothyroidism**. Less serious causes are: allergies and colds, among the more serious ones are: hoarseness caused by smoking, **stroke**, cancer, and neurological **disorders**.

Long-term hoarseness, that means longer than three weeks, should always be checked by a doctor as it is one of the symptoms of **laryngeal cancer**. Most voice problems are re-

latively harmless and can be cured or prevented by taking a few **precautionary measures**. If the hoarseness is caused by smoking it's a **no-brainer** to give it up! Laryngitis is one of the most common causes of hoarseness. In laryngitis, the **vocal folds** temporarily swell, which may be caused by the common cold, an upper respiratory infection or an allergy. There are lots of **remedies** in the form of OTC-products available at the local pharmacy.

PTA: Guten Tag.
Female customer (**whispering**): Do you speak English?

Yes, I do. What can I do for you?
As you can guess, I am having problems with my voice.

Yes, I thought as much! By the way: whispering is probably one of the worst things that you can do if your larynx is affected!
Really? Why?

You see whispering causes the vocal cords to press together as much as if you were shouting. The best thing is to try and talk normally, if you have to, or better: not to talk at all.
Okay.

So, have you had a cold recently?
No.

That's good! Have you overused your voice in the last two or three days?
No.

Do you smoke?
No, never.

Have you had this problem in the past?
No.

And: you don't suffer from vocal cysts or vocal nodules?
Nope.

Does this problem cause you to wake up in the night?
Yes. I haven't slept well the last two nights.

Last question: do you have an underactive thyroid.
No.

Aside from your hoarseness, the fact that you are waking up at night is an indicator that you might be suffering from acid reflux. I can recommend OTC-products that will alleviate the symptoms, but if you continue to have problems, you should definitely consult a doctor. We have these lozenges specifically for the throat, and I also recommend gargling with these Ems salts dissolved in lukewarm water mornings and evenings. You should also rest your voice as much as possible! Aside from that, you could take an antacid to help with the reflux. This one here is our best seller.
I'll take everything, thank you.

Please make sure to go to your doctor if the symptoms don't improve. Just to make sure that everything is okay.
Of course! Bye.

Goodbye.

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

hoarseness	Heiserkeit
laryngitis	Kehlkopfentzündung, Stimmbänderentzündung
overuse	überbeanspruchen, strapazieren
hypothyroidism	Schilddrüseunterfunktion, Hypothyreose
stroke	Schlaganfall
disorders	Störungen
laryngeal cancer	Kehlkopfkrebs, Larynxkarzinom
precautionary measures	Vorsichtsmaßnahmen
no-brainer	versteht sich von selbst
vocal folds	Stimm lippen
remedies	Heilmittel
whispering	Flüstern
worst	schlimmste
larynx	Kehlkopf
vocal cords	Stimm bänder
shouting	laut Rufen
recently	kürzlich
vocal cysts	Stimm band zysten
nodules	Knoten
nope	nee (umgangssprachlich für nein)
indicator	Hinweis
suffering from	an etwas leiden
alleviate	lindern
consult a doctor	einen Arzt aufsuchen
lozenges	Lutsch tabletten
dissolved	aufgelöst