

PROBLEMS OF IMPLEMENTATION OF SCIENCE INTO PRACTICE

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**VOICE DISORDERS CORRECTION IN SCIENTIFIC AND
THEACHERS OF THE HIGHER EDUCATION
INSTITUTIONS**

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Voice disorders are very common complaint that affects almost a third of the population at some point in their lives [1]. Dysphonia is a violation of voice production, which is manifested by a violation of height, strength, tone of voice. Dysphonia can affect people of any age and gender, but it is more prevalent among teachers and other adults with significant voice needs, which may include singers, conversational artists, legal professionals, aerobics instructors and other trainers, clergy [2].

Dysphonia can be considered as a medical, social and economic problem. From a medical point of view, dysphonia can be a manifestation of a serious illness associated with an increased risk of mortality. Dysphonia significantly affects the quality of life. According to a survey of people with dysphonia, 7.2% of people surveyed in the United States missed work more than 1 day during the previous year because of voice problems, and 20% of teachers lost their jobs due to dystonia [1].

In a large proportion of patients, muscular tension dysphonia develops. This condition is a voice disorder that is diagnosed in almost 40% of patients with voice overload. Muscular tension dysphonia is characterized by increased tension of the laryngeal musculoskeletal system and excessive recruitment in the larynx and pharynx with concomitant impairment of effective vibration parameters. There is primary and secondary muscular tension dysphonia. The primary occurs in the absence of identified organic laryngeal disorders, while the secondary occurs in conjunction with laryngeal disorders. Both types have different symptoms, including changes in voice, voice fatigue, and change in habitual tone, reduced voice ranges, and pain with voice use, muscle cramps and neck stiffness.

Prevention of dysphonia consists of a number of measures, which are primarily aimed at reducing the tissue damage to the voice apparatus and adhering to strategies that improve its health. Preventive measures include: voice gymnastics, adequate hydration, elimination of excessive stimuli. Voice gymnastics aims to teach proper breathing through the diaphragm, voice exercises, voice resonance, and other exercises that improve laryngeal function and normalize laryngeal muscle tone. Adequate voice humidity makes it easier for them to cope with high voice load. Sufficient laryngeal hydration can be achieved by inhalation of 0.9% sodium chloride

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solution (saline) using a nebulizer. A published study by Masson, MLV (2018) compared the effectiveness of two protective strategies: voice enhancement and irrigation of a saline solution using a nebulizer in teachers in working conditions. The results conclude that both methods can help to alleviate dysphonia in different ways, being potential interventions to protect teachers' voice in working conditions [3]. In order to maintain adequate hydration, one must pay attention to the quality of the air breathed by a person, in particular his humidity, which directly affects the improvement and retention of voice. Staying in an air-conditioned room without a humidifier can also affect the strength and quality of your voice.

For the treatment and prevention of the development of dysphonia it is recommended to observe a gentle voice mode. The onset of symptoms of dysphonia should completely give up any conversations and be silent for at least 24 hours. Many people make the mistake of whispering. This can only be done as a last resort, because during whispers, voice calls are further irritated.

It is necessary to follow a healthy lifestyle: avoid consumption of alcohol, caffeine, smoking, intake of substances that cause the mucous membranes to dry, monitor the diet. Particular attention should be paid to the timely treatment of any infectious-inflammatory processes of the pharynx and larynx, to prevent the chronic of the process.

Following these recommendations will keep your voice healthy and moist, allowing your voice to successfully handle the load and prevent dysphonia.

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