

## Vocal Health Seminar – Update on Issues for Singers/Voice Teachers

Pre-Conference Seminar – NATS 2020 National Convention – Knoxville, TN

Aimed at singers/pedagogues experienced in vocal health and those just beginning to learn, this multi-faceted seminar will share current updates on Vocal Injury & Health. Lucinda Halstead, MD (ENT Surgeon specializing in singers), Deanna McBroom, MM (Singing Voice Specialist/Voice Teacher), Chandler Thompson, DMA, MS, CCC-SLP (Speech-Language Pathologist/Voice Teacher) and Randall Dick, MS, AT, FACSM (Athletic Trainer working with musicians) represent two NATS affiliate organizations: Performing Arts Medicine Association (PAMA) and Athletes and the Arts (AATA) that foster up-to-date knowledge and research on artists' health. All are frequent speakers on health and wellness at national and international conferences. Their focus will be on evidence-based, practical, studio- and performance-friendly tools and take-aways that you can use.

**How-To: Laryngeal Massage/Head-Neck Relaxation Exercises** – Learn how therapeutic practices can relieve symptoms of vocal strain, vocal fatigue, and excess muscle tension in the head and neck, aid in balanced alignment, and provide tools for warm-up/cool-down. Demonstration and instruction for participants in techniques of laryngeal massage, head/neck massage, self-massage, and head/neck exercises will help to improve alignment and increase optimal function for singers.

**How-To: Preserving Hearing and Preventing Hearing Loss for Singers/Voice Teachers** – Hearing is essential to the art and teaching of singing! Learn about your ears and the prevalence of hearing loss in singers and voice teachers. (Studies indicate more than 50% of voice teachers have a documentable hearing loss.) Be aware of the serious risks of noise over-exposure while in studios, rehearsals, and performance venues. Hearing preservation strategies and resources for occupational hearing loss will be discussed.

**Vocal Injury Across the Age Spectrum** – Changes in the larynx and vocal folds in 1) young children-head/chest voice and limits of vocal range, 2) adolescents-difference between boys and girls, 3) adults-vocal lesions, 4) seniors-neurological disorders will be covered.

**Updates & Tips for Maintaining Vocal Health** – Hear the “low-down” on commonly used medications, alternative medications, therapeutic techniques, plus tips for singers on hydration, environmental management, and travel/touring.

**Healthy Management of Vocal and Physical “Load” for the Voice** – Learn tips for sustaining optimal performance and coaching singers to stay healthy despite heavy performing demands.

### Presenters:

**Deanna McBroom, MM, BMed**– Professor Emerita of Voice at Dept. of Music-College of Charleston, Singing Voice Specialist-Evelyn Trammell Institute for Voice and Swallowing at Medical University of South Carolina, NATS Liaison to PAMA. and AATA, Faculty for PAMA’s Performing Arts Medicine Certificate-Voice Track, member of NATS, PAMA & The Voice Foundation

**Lucinda Halstead, MD** – Assoc. Professor of Laryngology, Head & Neck Surgery/Pediatric Laryngology, Medical Director-Evelyn Trammell Institute for Voice and Swallowing at Medical University of South Carolina, 2018-2020 President-Elect/2020-2022 President of PAMA, Faculty Coordinator for PAMA’s Performing Arts Medicine Certificate-Voice Track, member of NATS, PAMA, TVF

**Chandler Thompson, DMA, MS, CCC-SLP** – Speech and Singing Voice Therapist at Weill-Cornell Medical Center, New York, NY, also a Singing Teacher), Faculty for PAMA’s Performing Arts Medicine Certificate-Voice Track, member of NATS, PAMA, & TVF

**Randall Dick, MS, AT, FACSM** – Athletic Trainer & Sports Medicine specialist, Carmel, IN, Coordinator and Co-Founder of Athletes and the Arts, formerly worked in management of athletes’ health for NCAA, member of PAMA, ACSM-American College of Sports Medicine