

**4<sup>th</sup> European Otolaryngology-ENT Surgery Conference**

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**3<sup>rd</sup> International Conference on Craniofacial Surgery**

August 15-17, 2019 Rome, Italy

**Vocal health: preventive speech and hearing****Carla Nelide G. Z. Balderrama**

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The Voice is a man-made phenomenon that identifies not only its age, its sex and its physical type, but it is also one of the strongest means that identifies our personality characteristics and emotional states. It is considered as a set of sounds, which is "manufactured" in the larynx, through the Vocal Strings. Also known as Language, because the voice is considered a means of communication. The voice is produced in the larynx, where the vocal folds are located (vocal cords). As we breathe, the vocal folds open and air enters and leaves the lungs. As we speak, they approach and the air coming out of the lungs, passing through the vocal folds, produces a vibration that we call the voice. The vocal folds are very versatile and effective, but it also has its limits: talking too much, screaming, coughing or excessive throttling, talking in noisy environments talk a lot when the flu can harm the voice.