

# UNILATERAL VOCAL FOLD PARALYSIS IN ELDERLY PATIENTS: EFFICACY OF SPEECH THERAPY

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*Introduction:* unilateral vocal fold paralysis is a disorder of the glottal closure with a significant impact in quality of life. Presbilynx is associated to changing of voice parameters and laryngeal structures (eg, epithelium, musculature, cartilages). Speech Therapy is one of the approaches to voice disorders, including elder population. Assessing quality of life before and after speech therapy indicates treatment efficacy.

*Aim:* to compare self-perception of quality of life associated to vocal fold paralysis between different age groups.

*Methods:* A retrospective analysis was conducted based on patient charts from a central hospital who underwent Speech Therapy (from January 2013 to December 2016). Sample was divided in two clusters: <65 years old; >65 years old. Sample characterization was based in gender, age, size and position of paralyzed vocal fold. The assessment was conducted before and after therapy using laryngoscopy and Voice Handicap Index.

*Results:* the sample includes 100 patients (76 men, 24 women; mean age= 61.04). No statistical significant difference in VHI results was found between clusters. The same result was found regarding laryngeal differences after therapy.

*Conclusion:* age can not be associated to voice therapy results in patients with unilateral vocal fold paralysis.