

EFFECTIVITY OF LAXVOX VOICE THERAPY TECHNIQUE IN PUBERPHONIA

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Puberphonia (mutational falsetto) is a functional problem beyond pubertal period which is seen mostly in males. Not only the energy transformation but also the resonator function is changed in this process which also causes a male-type spectral density. After reaching to the typical adult male larynx anatomy, possibly because the falsetto register sounds like childhood voice, some individuals habitually change the vibratory pattern to falsetto mode. Patients generally suffer from social anxiety and depression.

Treatment of puberphonia can be done by applying pressure externally which aims to restrict two pitch mechanisms for falsetto register. Exercises for lowering vertical laryngeal position (humming, gliding to low pitches, and half swallow boom technique) or by surgery (Type III thyroplasty). A new method using high backpressure during phonation is presented here.

21 male puberphonia patients with a mean age 22.6 ± 7.1 of treated with the doctorVOX Voice Therapy and Vocal Training Device. Patients were asked to fill out Voice Handicap Index (VHI) questionnaire. GRBAS scale was done by a blinded otolaryngologist. Voice analysis via Dr.Speech Software and electroglottography were performed.

All patients could find their chest register in the first two sessions. All patients were able to use their chest register in a normal habitual speaking tone and timbre after two weeks of therapy. Pretreatment and posttreatment mean values were: 74.5 vs. 5.1 for VHI, 217 Hz vs. 132 Hz for fundamental frequency, 9.3 vs. 0.8 for GRBAS subsequently. Performing LaxVox Voice Therapy Technique with high backpressure provided by doctorVOX device was shown to be an effective treatment of puberphonia.