



Age Old Wisdom

SPEAKING WITH A CLEAR VOICE

People's voices become hoarser and weaker as they age because the vocal cords (the two folds of elastic muscle stretching across the larynx, or voice box, atop the windpipe) weaken. As far as pitch is concerned, men's voices become higher while women's voices grow lower. In men, this change in pitch is largely caused by cartilage in the vocal cords becoming less elastic. As the cartilage thins and the joints between the pieces of cartilage in the vocal cords become more unstable, the voice becomes quivery and higher pitched. In women, estrogen protects the cartilage, but after menopause, reduced hormone production can cause swelling in the vocal cords, which makes the voice sound much lower.

At Deutsches Altenheim, we understand that seniors' conditions can change – even overnight. We are here to provide appropriate, compassionate care and support to our residents.

P.S. The best way to stave off the effects that aging has on the vocal cords is to use your voice regularly, whether talking or singing.