

VOCAL CORD DYSFUNCTION



Vocal cord dysfunction (VCD) is a breathing and voice symptoms restriction of the airway when one inhales. It occurs when the vocal cords do not open correctly.

DIAGNOSIS

A physician can easily determine vocal cord dysfunction by examining the vocal folds with a scope.

- ▶ Tests:
 - ◇ **Spirometry**
 - ◇ **Laryngoscopy**
 - ◇ **Pulmonary function tests**

SYMPTOMS

- ▶ Difficulty breathing
- ▶ Coughing
- ▶ Chest tightness
- ▶ Hoarse voice
- ▶ Throat tightness
- ▶ Voice changes
- ▶ Wheezing

Common triggers may include:

- ▶ Acid reflux
- ▶ Exercise
- ▶ Cough or fumes
- ▶ Postnasal drip, allergy, or airborne particles

TREATMENT

Treatment for vocal cord dysfunction may be one of the following:

- ▶ **Speech therapy**
- ▶ **Deep breathing techniques/therapy**
- ▶ **Surgery:** Surgery may not be an option unless the vocal folds are paralyzed in a closed position.

TYPE OF VOCAL CORD DYSFUNCTION

- ▶ Laryngospasm
- ▶ Exercised induced VCD
- ▶ Irritant-induced VCD
- ▶ Stress-induced VCD