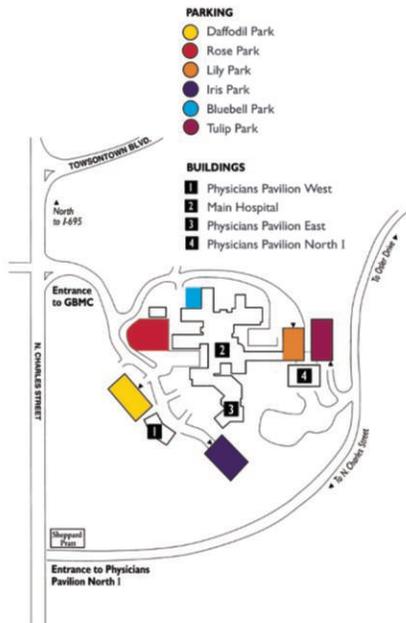


## Directions



- From I-695, take Exit 25 onto North Charles Street.
- Go approximately two miles and make a left into the main entrance of GBMC.
- Bear right after passing through the guard gate.
- Follow the signs to Visitor Parking.

*Parking fees may vary.  
Please bring parking ticket for validation.*

### Johns Hopkins Voice Center Milton J. Dance Jr. Head and Neck Center

6569 N. Charles Street  
Physicians Pavilion West  
Suite 402  
Baltimore, MD 21204

### *Health. Healing. Hope.*

The mission of GBMC is to provide medical care and service of the highest quality to each patient leading to *health, healing and hope.*

### VISION

*To every patient, every time, we will provide the care that we would want for our own loved ones.*

### GREATER VALUES

The values of GBMC are our GREATER Values of *Respect, Excellence, Accountability, Teamwork, Ethical Behavior and Results.*

# GBMC

6701 NORTH CHARLES STREET  
BALTIMORE, MARYLAND 21204

GBMC HealthCare includes Greater Baltimore Medical Center, GBMC Health Partners, Greater Baltimore Health Alliance, Gilchrist and the GBMC Foundation.

Greater Baltimore Medical Center (GBMC) complies with applicable federal civil rights laws, and does not discriminate, exclude or treat people differently based on age, gender, sex, race, color, national origin, religion, sexual orientation, gender identity or expression, or disabilities. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-745-5010. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-866-745-5010。

## Care of the Professional Voice



6569 N. CHARLES STREET  
PHYSICIANS PAVILION WEST  
SUITE 402  
BALTIMORE, MD 21204

# GBMC

**FOR INFORMATION:**  
443-849-2087  
[www.gbmc.org/voice](http://www.gbmc.org/voice)  
[www.gbmc.org/mjdancehome](http://www.gbmc.org/mjdancehome)



## About Us

Comprised of an expert team of nationally recognized, fellowship-trained laryngologists and credentialed speech pathologists, the Johns Hopkins Voice Center specializes in the care of the professional voice. Using state-of-the-art diagnostic and treatment technology, including laryngeal stroboscopy and acoustic and aerodynamic assessments, we focus on designing optimal medical and therapeutic interventions to address the unique needs of performing artists.

Our unique facility offers a fully equipped music studio with Fender® acoustic and electric guitars, a baby grand piano, amplifiers, microphones, and recording capabilities to meet the needs of performers. The movement education studio is designed for body-centered therapy to enhance body awareness and promote the physical freedom necessary for vocal flexibility.

### Who is a vocal performer?

Vocal performers include singers, actors, broadcasters, or any performer who relies on their voice to meet occupational demands. Regardless of their level of training, vocal performers derive their sense of personal expression and creativity from the use of their voices.

### Demands of the vocal performer

Vocal performers are the athletes of the voice world, and they must pay special attention to the use and care of their vocal instruments. Due to their high physical demands, vocal athletes are at increased risk of vocal fold injury.

### When to seek evaluation

Vocal performers should consider establishing a baseline of their voice at its best. Seek evaluation if you experience the following:

- Sudden or gradual changes in pitch, volume or voice quality
- Prolonged recovery after performances
- Voice change that does not improve after an acute illness



### Treatment

Treatment may be comprised of a combination of voice therapy, body-centered therapy and medical management as indicated. Vocal rehabilitation aims to prevent vocal injuries and promote healing while reducing the risk of future injury with the least possible disruption to a performance schedule.



### For optimal vocal health:

- Maintain adequate hydration
- Humidify your environment
- Perform vocal warm-ups and cool-downs
- Know your range and stay in it
- Recognize your vocal limits
- Rest your voice when necessary
- Avoid smoking and secondhand smoke
- Maintain a healthy lifestyle
- Plan accordingly for vocal demands
- Avoid vocally traumatic behaviors
- Practice proper posture
- Use adequate breath support
- Know potential side effects of medications
- Manage excessive mucus
- Reduce acid reflux
- Consider diet and lifestyle changes
- Ensure adequate sleep