

## ABOUT US

**CTSPS Inc.** also offers evaluation and treatment of patients of all ages for conditions such as:

- Articulation
- Swallowing
- Tongue thrust
- Fluency
- Voice
- Language
- Cognitive deficits
- Feeding disorders

All services are provided by Speech-Language Pathologists licensed in Texas and certified by the American Speech-Language and Hearing Association.

## INSURANCE

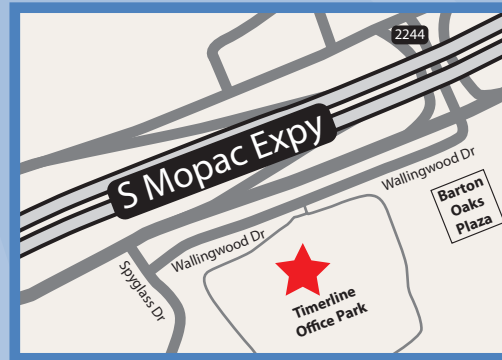
**CTSPS Inc.** is a participating provider for the following insurance networks:

- Aetna
- Blue Cross Blue Shield
- United Healthcare
- Humana
- Smarthealth
- Medicare
- Medicaid (up to Age 21)

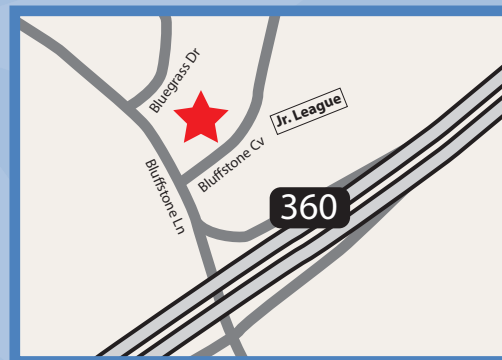
We can also file out-of-network claims for other insurance companies and accept multiple payment options for treatment not covered by insurance.

To obtain more information about our services, please contact our office at (512) 327-6179

## Office Locations:



South Office:  
Bee Caves Road at Mopac  
2525 Wallingwood Drive, Building 2  
Austin, Texas 78746



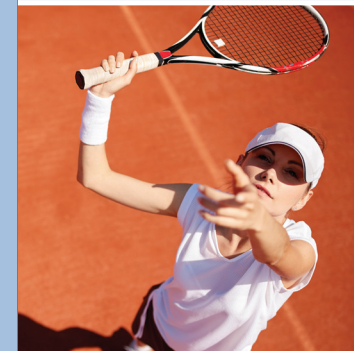
North Office:  
Highway 183 at Loop 360  
8500 Bluffstone Cove  
Building B, Suite 105  
Austin, Texas 78759

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main@centraltexaspeech.com

## What is Vocal Cord Dysfunction?

*Vocal Cord Dysfunction (VCD) is a paradoxical movement of the true vocal cords that disrupts the normal flow of air into the lungs.*

## Central Texas Speech Pathology Services, Inc.



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# WHAT IS VOCAL CORD DYSFUNCTION?

## MORE ABOUT VCD

When you breathe in and out, your vocal cords open to allow greater airflow into the trachea (windpipe). Also known as paradoxical vocal cord motion, VCD occurs when the opening of the vocal cords is uncoordinated, restricting the opening for airflow into the trachea and making respiratory activity a challenge. This incomplete opening or constricting of the vocal cords produces many symptoms.

VCD is often misdiagnosed as asthma or can occur in conjunction with other respiratory disorders.

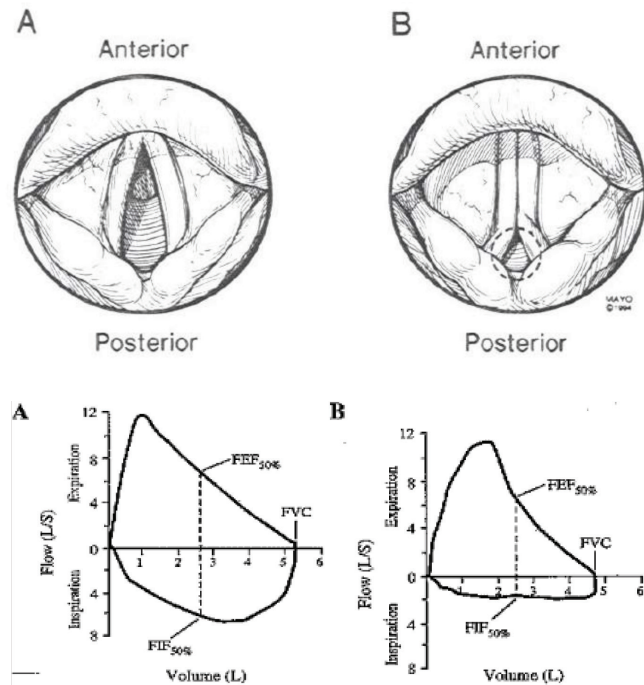


Figure 1: Illustration of vocal cords during inspiration in both the normal patient (A) and the patient with VCD (B). Note the characteristic posterior chinking in the vocal cords of patient B.

Figure 2: Flow-volume loop in a normal patient (A) and in a patient with extrathoracic airway obstruction (B). Note the blunting of the inspiratory portion in the patient with extrathoracic airway obstruction.

Illustrations from Patterson et al.

# SYMPTOMS ASSOCIATED WITH VCD

- Hoarseness
- Chronic cough
- Shortness of breath
- Difficulty breathing
- Chest and/ or throat tightness
- Chronic throat clearing
- Difficulty “getting enough air”
- Wheezing
- Difficulty swallowing

# TRIGGERS FOR VCD INCLUDE

- Nasal allergies
- Upper respiratory infections
- Fumes/ odors (e.g., cigarette smoke)
- Temperature changes
- Singing
- Emotional upset
- Exercise
- Sinus infections with drainage
- Reflux (GERD or LPR)

# IF YOU HAVE VCD

Your health care provider may refer you to a speech pathologist after ruling out other diagnoses. Speech pathologists can frequently help alleviate symptoms associated with VCD. Your therapy will emphasize:

- Relaxation of the laryngeal complex
- Coordination of opening and closing of the true vocal cords during respiration
- Methods to control symptoms of VCD during an episode
- Strategies to prevent further episodes
- Strategies to eliminate cough and chronic throat clearing

In many cases of VCD, symptoms are frequently aggravated by stress. As many of these symptoms are also associated with other medical conditions, your health care provider may refer you to a specialist (ENT, pulmonologist, allergist, gastroenterologist, etc.) who will complete specific medical evaluations that may include a laryngoscopy or flow volume loop. Therapy is usually of short duration (6-8 visits).

VCD was first identified in 1983 at the National Jewish Hospital. Visit the hospital’s web site for more information.

<http://www.nationaljewish.org/healthinfo/conditions/vcd/>

