CareTips

Topic 19: Improve Your Speech

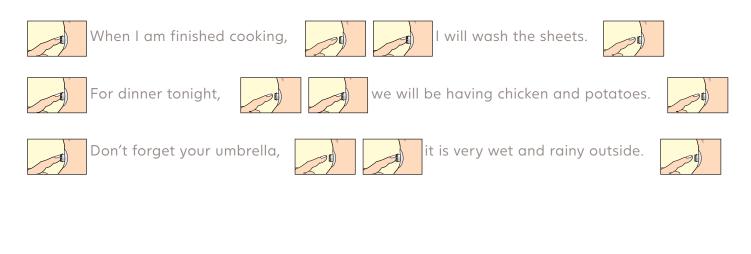
Improve Your Speech

When using a voice prosthesis, fluency of speech and the ease of speaking depend on a number of systems working together.

- Breath support.
- Coordination of occluding your stoma.
- Coordination of voicing, specifically, the length of your phrases and pausing at natural places in sentences. This improves your ability to speak naturally and easy.

Practice Using Natural Pausing

- **Tip:** Prior to choosing an adhesive or other attachment, it is important to meet with your clinician who can assist you with examining your stoma and selecting the appropriate attachment method.
- 1. Say the days of the week out loud as follows:
 - Breathe in slightly.
 - Occlude your stoma.
 - Say the day of the week.
 - Remove your finger from your stoma.
- 2. Now pause after saying two days of the week.
- 3. Now try to say these sentences and break at the natural pause (the comma):





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