MedChi Performing Arts Medicine Committee to Hold Vocal Health Day

A program for singers, actors, speakers, students, teachers, and healthcare providers

BALTIMORE, February 12, 2014 — The Performing Arts Medicine Committee of MedChi, The Maryland State Medical Society, will present a program to educate singers and speakers at all skill levels, and their health care providers, about vocal health issues which arise from, or interfere with, training and performance. Vocal Health Day 2014 will be held on Saturday, March 29, 2014 from 8:45 am to 2:30 pm at MedChi, the Maryland State Medical Society Building, Osler Hall, 1211 Cathedral Street, Baltimore, Maryland, 21201.

A team of medical professionals and experts in the field will present on the diagnosis, prevention, and treatment of voice problems affecting singers and speakers, posture and small muscle problems, along with a workshop on crossover singing, musical theater, and the young singer. The audience will have ample opportunity to interact with the presenters.

Highlights of the program include the following:

- **Anatomy of the Voice and Common Vocal Pathologies; Diagnosis and Treatment** - *Melissa Kim, M.S., CCC-SLP*. Melissa Kim is a speech pathology coordinator and clinical specialist in head and neck rehabilitation and voice and swallowing disorders at the GBMC Milton Dance Head and Neck Center. She will discuss basic laryngeal anatomy and physiology, common vocal fold structural and functional disorders, and basics of vocal hygiene.

- **Speech or Song - Managing Vocal Kryptonite** - *Dan Sherwood, M.D., MS/CCC-SP*. Dan Sherwood is a clinical vocologist at the GBMC Milton Dance Head and Neck Center and a Hanna Somatics practitioner. He will discuss care and rehabilitation of the speaking voice and how fashions and habits of speech in young singers, such as vocal "fry," can affect the singing voice; including demonstration of therapeutic exercises and audience participation.

- **Acute and Chronic Vocal Conditions and the Role of Surgery** - *Kenneth Fletcher, M.D.*. Dr. Fletcher is head of the Division of Laryngology at GBMC and staff Laryngologist at the Johns Hopkins Voice Center at GBMC. He will discuss the impact on the voice of general health and various medical problems, medications, the management of acute vocal emergencies and chronic conditions, and the role of surgery.

- **Posture and Small Muscle Control are Important for Vocal Performers** - *Jodi Barth PT and CCI, and Gincy Stezar, PTA CCI*. Jodi Barth and Gincy Stezar are physical therapists who specialize in Temporo-Mandibular Joint (TMJ) disorder and facial palsy with the MedStar NRH Rehabilitation Network. They will describe the diverse signs and symptoms of TMJ disease and small muscle disorders and demonstrate how a posture-based approach can correct neuro-muscular imbalance in performers. Audience participation.

- **Panel Discussion and Question Answer Session; the Concept of the Vocal Health Care Team** – The day’s speakers will be joined by Ruth Drucker, soprano, national and international performer and voice teacher, long standing faculty member of Peabody Conservatory, and Professor Emeritus at Towson University.
Using Classical Technique to Inform Cross-over and Broadway styles.

Demonstrations by invited singers and audience - Phillip Collister, D.M.A. 1. Cross-over singing, 2. The young singer. Dr. Collister is Professor of Voice and Music for the Stage at Towson University Department of Music. He will discuss healthy vocal techniques for surviving the vocal demands of Broadway with an emphasis on the young singer. Singers will demonstrate and audience participation is encouraged.

Advance registration is recommended. The price for advance registration is $45.00. After March 14, the price will be $55.00. Full time students with identification are $20.00. A healthy continental breakfast and lunch will be served. To register online visit www.medchi.org/PAM. For registration information, contact Joyce Duffy-Bilanow, 410.878-8987, jduffy-bilanow@medchi.org.

About PAM Committee
The Performing Arts Medicine Committee of MedChi, the Maryland State Medical Society, was formed in the early 1980s and includes physicians, performing artists, therapists and other professionals. This group provides a forum to foster a comprehensive approach to injury prevention and treatment in the education of performing artists and their healthcare providers.

About MedChi
MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.