

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 you 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).

