



<p>Shots of voice therapy session</p>	<p>THE VOICE CAN BE HELPFUL FOR TRANS MEN, THE SAME IS NOT TRUE FOR TRANS WOMEN. THAT'S WHERE ANNA LICHTENSTEIN (LICK-tin-stine) COMES IN, A VOICE THERAPIST AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER. :09</p> <p><i>(NATS) C69 "Blue is your pitch movement, so you can see you have really nice inflection patterns." 05</i></p> <p>LICHTENSTEIN WORKS WITH PATIENTS, NOT JUST ON VOICE PITCH, BUT ON THE NUANCES THAT HELP THEM ACHIEVE AN IDEAL VOICE QUALITY. :07</p>
<p>CG: Anna Lichtenstein Ohio State Wexner Medical Center</p>	<p><i>"My treatment program is typically around 10 weeks of ongoing therapy sessions, modifying different parameters of the voice. So pitch and resonance, inflection, airflow, intonation, language characteristics." :15</i></p>
<p>Shots of laryngoscopy</p>	<p>IN RARE CASES, VOICE THERAPY CAN BE COMBINED WITH SURGERY, USUALLY TO SHORTEN THE VOCAL CORDS AND PERMANENTLY CHANGE VOICE PITCH AND FREQUENCY. :06</p>
<p>CG: Dr. Laura Matrka Ohio State Wexner Medical Center</p>	<p><i>"The surgery's really good for that, for eliminating accidental base notes or just the fatigue of maintaining a voice where you want it." :08</i></p>
<p>Shots of Ari and Anna</p>	<p>IT'S CARE THAT NOT ONLY HELPS THOSE LIKE ARI PRESENT THEIR BEST SELVES TO THE WORLD, BUT SAFE AND SUCCESSFUL GENDER-AFFIRMING CARE HAS ALSO BEEN SHOWN TO REDUCE SUICIDE RATES AND IMPROVE QUALITY OF LIFE. :11</p>
<p>Ari Toumpas (CG'd earlier)</p>	<p><i>"I can't really comfortably do my old voice anymore, which is exciting, and an odd feeling that I almost can't remember waking up every day and sounding like that." :12</i></p>
<p>Dr. Matrka (CG'd earlier)</p>	<p><i>"You can just see it, they just, they're themselves, they're in their own skin and feel good and look good. And that's fun, I just love that." :11</i></p>
<p>Shots of Ari playing music (PACKAGE END) ----- ANCHOR TAG</p>	<p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>EXPERTS SAY, WHILE THERE ARE MANY ONLINE RESOURCES THAT OFFER VOICE ALTERING ADVICE AND EXERCISES, IT'S IMPORTANT TO SEE A PROFESSIONAL TO AVOID STRAIN AND PREVENT DAMAGE TO THE VOCAL CORDS.</p>
	<p>LEARNING CORRECT TECHNIQUE HELPS ENSURE PATIENTS CAN SUSTAIN THEIR DESIRED VOICE FOR THE REST OF THEIR LIVES.</p>

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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>For many transgender individuals, how they are perceived by others not only involves their outward appearance, but also how they sound. Emerging medical care at @OSUWexMed helps those who are transgender find their best voice. https://bit.ly/3aqSaxl</p> <hr/> <p>Gender dysphoria deeply affects those who experience it, increasing the risk for suicide as well as verbal and physical abuse. For these individuals, it's not just about how they look to the rest of the world, but also how they sound. Voice therapists and otolaryngologists at The Ohio State University Wexner Medical Center are helping transgender patients work to change the pitch and resonance of their voice to help them sound like their best selves. https://bit.ly/3aqSaxl</p>
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EXTRA BITES

<p>CG: Anna Lichtenstein Ohio State Wexner Medical Center</p> <p>CG: Dr. Laura Matrka Ohio State Wexner Medical Center</p> <p>CG: Ari Toumpas Transgender woman</p>	<p>Lichtenstein describes the comprehensive gender-affirming care at Ohio State: <i>"There are gender-affirming providers in all the different departments providing a variety of services. And we have been as a team talking and collaborating along the way so that we can continue to build a gender-affirming, comprehensive program that can be med center-wide."</i> :19</p> <p>Lichtenstein says therapy ensures exercises are done correctly: <i>"I'm able to give them prompting and feedback to make sure that how we're manipulating the voice is really healthy. And it's something that they can maintain over their lifetime."</i> :10</p> <hr/> <p>Matrka says being misgendered is harmful to people: <i>"Anytime someone gets misgendered, that's a huge blow to your confidence, to your emotional health, self-esteem, and it really plays in pretty tightly with identity."</i> :13</p> <p>Matrka describes what she sees during a laryngoscopy: <i>"When we get to the back of the nose, we just turn and kind of look down from above and we get this nice bird's eye view of everything inside the throat. We also use a special strobe light to sort of see a slow-mo view of how the vocal cords vibrate."</i> :13</p> <hr/> <p>Ari explains the voice placement she worked on in therapy: <i>"We focused a lot on getting the sound to resonate up here, not quite in my nose where it gets nasally, but right here at the top of my mouth cavity and below my nasal cavity, rather than down in my throat, which is where a lot of the more masc sounds come out."</i> :16</p>
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CG: Ari Toumpas
Transgender woman

Ari says voice therapy is important for those who want it:
“Not every trans person wants to have a different voice. Not every trans person needs to have a different voice, but for the ones that do want it, having an affordable, safe and effective learning environment is incredibly important.” :17

References

¹*The Report of the U.S. Transgender Survey, National Center for Transgender Equality, 2016.*
Online: <https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>

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