

Title: Presbyphonia: Quality of life following voice therapy intervention

Introduction: The deterioration of respiratory capacity that comes with aging exacerbates the consequences of presbyphonia. Diaphragmatic breathing is to improve the usage of respiratory muscles enough to cause respiratory and phonatory alterations.

Objective: To determine the effectiveness of voice therapy intervention in terms of improved quality of life for those with presbyphonia.

Methods: The interventional study, a non-probability convenience sampling method was used to select 10 participants with presbyphonia identified by ENT, otolaryngologist to a SLP for either vocal function exercises or phonation resistance training exercises in order to improve their quality of life following a three-week course of twice-weekly therapy. Through the (V-RQOL) protocol the studies was used to evaluate the quality of life in presbyphonia before and after voice treatment

Results: Total 10 individuals were divided in 3 age groups majority 5 were in 51-60 age, 2 in 40-50age among them 60% males and 40% females. The effect of treatment before and after intervention showed statistical significance difference (P-value=0.001) which present significant improvement in quality of life in presbyphonia.

Conclusion: According to preliminary evidence, patients with presbyphonia may benefit most by voice interventions and enhance subglottal pressure management, increase airflow, and improve patients' quality of life. Better results in terms of self-evaluation for phonation