



VOCAL CORD DYSFUNCTION (VCD)

Background:

- Sometimes referred to as Paradoxical Vocal Cord Motion
- Causes breathing problems during or after exercise
- Often confused with asthma
- Confusing as you can have asthma AND VCD

Symptoms:

Shortness of Breath (SOB)
Coughing
Throat Tightness

Wheezing and/or Stridor
Chest Tightness

Cause:

- Abnormal closing of vocal cords during breathing

Triggers

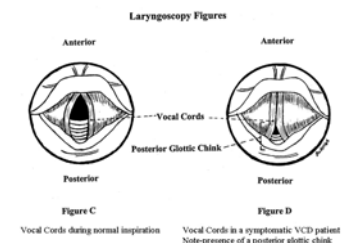
- Exercise
- Post-nasal drip
- Gastroesophageal reflux
- Anxiety

Diagnosis:

- History and Physical Exam
- Spirometry (measurement of your breathing)
- Exercise challenge: spirometry after you exercise
- Laryngoscopy

Treatment:

- Speech Therapy for breathing exercises.
- Types of breathing exercises include
 - Exhaling through pursed lips whispering "fffffffffff"
 - 7:11 Breathing – sit down and relax, breathe in over 7 seconds and breath out over 11 seconds
 - Abdominal/Diaphragmatic breathing – place your hand on your belly with your thumb on the belly button. While breathing out bring your belly "in" towards your back and out while breathing in. Try not to use your chest or throat muscles.



**If you have questions about your medications
or symptoms contact our office.**