



NATIONAL SPASMODIC DYSPHONIA ASSOCIATION

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About the Association

Founded in 1989, National Spasmodic Dysphonia Association (NSDA) is a not-for-profit 501c(3) organization. The mission is to advance medical research into the causes of and treatments for spasmodic dysphonia, promote physician and public awareness of the disorder, and provide support to those affected by spasmodic dysphonia. It is the only organization dedicated to SD.

The NSDA is a community comprised of people with SD, healthcare professionals, dedicated volunteers, friends and families. Together, we continue to grow as an organization through awareness and outreach, help to improve the lives of people dealing with SD, and work to support research in order to bring understanding to this disorder.

Annual Membership and Newsletter *Our Voice*

The NSDA publishes a biannual newsletter featuring the latest information on treatment and research, along with personal stories, and updates from the NSDA.

The newsletter is one of the many benefits of the annual membership fee of \$40 along with access to the services of the NSDA.

Publications and Materials

The NSDA has published various publications:

- Understanding Spasmodic Dysphonia
- Botulinum Toxin Injections and SD
- Laryngeal Denervation Reinnervation Surgery for Adductor Spasmodic Dysphonia
- *Easier Done than Said: Living with a Broken Voice* by Karen Adler Feeley
- *Speechless* by Dot Sowerby
- Insurance Assistance Approval and the Appeal Process in the Treatment of SD
- *Understanding Spasmodic Dysphonia?* DVD
- Spasmodic Dysphonia Awareness Materials

NSDA Bulletin Board

www.dysphonia-bb.org

The NSDA hosts a private bulletin board to encourage people with Spasmodic Dysphonia to share their experiences, ask questions, seek advice, and just enjoy the company of others who are experiencing similar symptoms. In the bulletin board format, a person can post a message and others respond to it. Archive and search functions are also available on the board.

NSDA Symposiums

Annual and regional meetings bring together people with SD, care partners, and health professionals.

NSDA Website

www.dysphonia.org

On the NSDA site, you can find information about Spasmodic Dysphonia including information on symptoms, diagnosis, and treatment. In addition, there are sections on:

- **Healthcare Referral:** Listing of healthcare professionals by state who specialize in SD.
- **Support:** Connect with others through local support groups, area contacts, and on-line services.
- **Publications and Videos:** Order brochures, books, videos, and awareness materials on-line.
- **Events:** Listing of current support group meetings and NSDA-sponsored events.
- **About NSDA:** History of the organization, lists the members of the Board of Directors, Honorary Board, Scientific Advisory Board, and Medical Advisory Board.

AOL Voices Chat Group

The AOL Chat Group meets on Sundays at 4:00 p.m. EST. To participate in these chats, use AOL and click "People Connection," click "List Chats," click "Private Rooms," type "Voice," click "Go" and you are in the chat room. For more information, contact Coordinator Doris White at dorisma2@aol.com.

About Spasmodic Dysphonia

When a person with Spasmodic Dysphonia speaks, the muscles that open and close the vocal folds are in spasm. These spasms interrupt normal voice in abrupt spurts with a strained, strangled voice (Adductor), with breathy, soundless voice (Abductor), or with a mixture of both making fluent speech more difficult.

A focal form of dystonia, SD is a neurological condition that falls into the same category of movement disorders such as Parkinson's disease and tremor. It affects both men and women of all ethnic groups and the age of onset is usually between the ages 30-50. While the cause is unknown, researchers believe it involves improper signals from the brain. SD is not a psychiatric or psychological disease. Treatment may include injections of botulinum toxin; surgery, and voice therapy.