

Promoting Spasmodic Dysphonia and the NSDA

Submitted by Pat Hill

1. Establish TELL month where those with SD tell everyone they know to spread word about SD and have them tell friends to cause a ripple effect.
2. Create a license plate that supports the NSDA.
3. Educate medical professors about SD who in turn educate doctors and SLPs.
4. Create t-shirts with a saying about SD that will catch the eye and invite queries.
5. Radio interview of a SD person before and after botox with contact information.
6. Offer to speak at SLP classes at local university to educate students.
7. Have local city declare Voice Day in conjunction with National Voice Day.
8. Hand out SD/NSDA information at a marathon or large gathering.
9. Have "voice loss" linked to SD on the internet. Cross referencing.
10. Get bloggers to write about SD.
11. Approach people with voice disorders and start a conversation.
12. Utilize Search Engine Optimization so NSDA can be at the top of the list when people are searching for solutions.
13. Talk about SD in your work area and to those you encounter.
14. Teach older people with SD computer skills in a support group.
15. Put NSDA fliers in local libraries.
16. SD people carry personalized card stating disorder to give to clerks, cashiers, etc.
17. Translate NSDA materials into other languages and have them available on the internet as well.
18. Conduct survey of family practice doctors, even ENTs, to see if they are aware of SD.
19. Distribute SD material at any medical conventions possible.

20. Launch fundraisers from hiking, to musical performance, arts and crafts, auction, walk-a-thon, dance-a-thon, etc.
21. Have a synchronized flash mob in high traffic areas with tape over their mouths holding flash cards about SD.
22. Make a video diary documentary about a day in the life of a SD person.
23. Host a SD presentation during work at lunch hour.
24. Have a public service announcement on TV with a SD trying to speak.
25. Take your pet to a nursing home/hospital as a service dog and tell you story about SD and pass out NSDA literature.