

Dear [NAME OF REPORTER]:

Given the recent media coverage about the Oscar-nominated movie, “The King’s Speech,” I thought you may like to know that there are several people in this area, including myself, with a debilitating vocal disorder called spasmodic dysphonia.

Just about everyone relies on their voice to function in society – with careers, family, social interactions – but most people take for granted the ability to talk, laugh, or even sing in the shower. But what if one day, suddenly, you could no longer speak?

I and others are available to share our experience with this disorder with you. *[Insert several sentences about one’s experience – e.g., the symptoms of spasmodic dysphonia began five years ago when I was 52. My voice began to tremble and I sounded like I was being choked or like I had laryngitis. It never got better, so I sought a diagnosis over the course of about five years and during that time felt embarrassed and less confident because I couldn’t communicate to anyone – on the phone, in person. I avoided social situations and rarely spoke on the phone. I went to see several doctors who could not identify the cause of the problem, but eventually Dr. XX was able to diagnose and treat me. I was so relieved to have a name for the condition and to find effective treatment. Also, it was nice to know that others had this disorder and I found a support group through the National Spasmodic Dysphonia Association (www.dysphonia.org).]*

I’m including a fact sheet on spasmodic dysphonia for your information. Please contact me if you are interested in speaking with me or another local SD patient as well as my treating otolaryngologist.

I look forward to hearing from you.

Sincerely,

Name
City, State
Phone
E-mail