

Stuart Selkin, MD, JD, FACS
Diplomate, American Board of Otolaryngology
Fellow, American College of Surgeons
Fellow, American College of Legal Medicine

801 Walt Whitman Road
(Route 110)
Melville, NY 11747

(631) 692-7362
Fax (631) 692-7546

You will shorten your singing career if you: ¹

1. Don't admit that your voice problems are likely to come from errors in technique.
 - a. Instead, blame your voice problems on allergies that you may not even have.
 - b. Or blame your voice problems on reflux that you may not even have.
 - c. Or blame your voice problems on sinus problems that you may not even have.
2. Don't warm up before using your voice. (That's singing—or acting—or teaching.)
3. Don't study singing.
4. Choose the wrong voice teacher.
5. Sing in the wrong tessitura. (That's the general range of pitches in a melody.)
6. Conduct a choir and sing all voice parts:
 - a. bass, baritone, tenor (the male voice parts); and
 - b. alto, mezzo, and soprano (the female voice parts).
7. Smoke, take recreational drugs, or drink alcohol in excess.
 - a. Ignore secondary smoke.
 - b. Ignore guidelines: No more than 1-2 a day for men, or 1 a day for women.
 - i. (one drink = 5 oz. of wine); or
 - ii. (one drink = 12 oz. of beer); or
 - iii. (one drink = 1 ½ oz. of the hard stuff.)
8. Prescribe medications or alternative remedies for yourself.
9. Don't drink enough water.
 - a. Guidelines: half of your body weight in pounds = ounces to drink daily.
 - i. Example: if you weigh 120 pounds, drink 60 ounces daily.
 - ii. Example: if you weigh 180 pounds, drink 90 ounces daily
 - b. Or, as the late Van Lawrence, MD, always offered: "Pee pale!"
 - c. Oh, coffee and tea don't count.
10. Don't eat well and wear yourself out.
11. Neglect your general health.
12. Assume that surgery on your voice mechanism will improve your voice.
13. Assume that your age does not affect your voice.
14. Keep clearing your throat.
15. Don't tell your physicians that you're a singer.
16. Ignore advice from any of your physicians.
17. See your ear, nose, and throat specialist only when you're desperate.
18. Ignore all of the above suggestions.