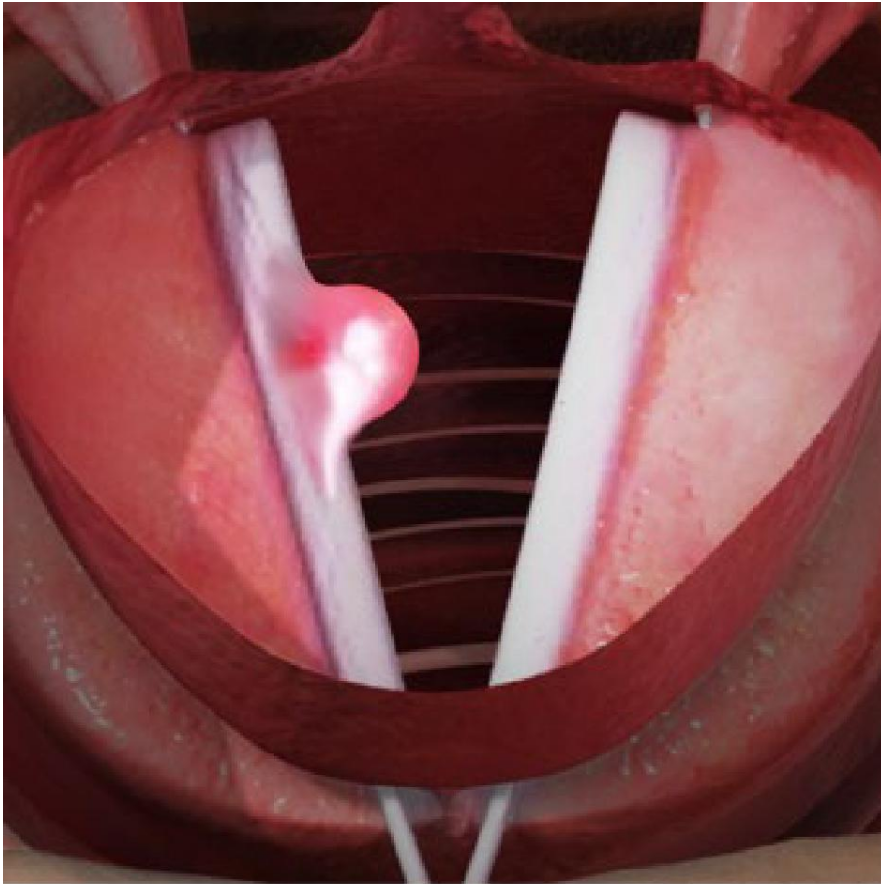




Vocal Cord Polyp



Overview

This is a growth on one of your vocal cords (also known as the "vocal folds"). The cords are muscular bands in your throat that vibrate to produce sound. A polyp may look like a swollen bump or a blister, or even a thin, long growth. It can change the way your voice sounds.

Causes

Why does this type of polyp form? Well, it's often caused by too much stress on your vocal cords. Singing, yelling or even talking loudly can cause a polyp. Your risk is greater if you smoke, or if you drink alcohol or caffeine. Vocal polyps can also be linked to acid reflux, allergies, and a thyroid condition called "hypothyroidism."

Symptoms

If you have a polyp, you may have hoarseness and scratchiness when you talk. You may have trouble controlling the pitch of your voice. You may feel like you have a lump in your throat. And, you may have pain.

Treatment

A vocal cord polyp can be removed with surgery. Along with surgery, your doctor may want to treat any medical condition that has caused the polyp. And, if you're a smoker, it's best to quit. Your healthcare provider will create a care plan that's right for you.

