



聲音沙啞與 聲帶病變

HOARSENESS AND VOCAL CORD LESIONS

聲音沙啞原理 PRINCIPLES OF HOARSENESS

我們在發聲時，喉嚨的兩條聲帶會閉合，然而當聲帶出現病變或其他病因導致聲帶閉合不全，會引致聲音的質量發生改變，包括聲音嘶啞、顫抖、疲勞、聲音變弱、音高改變以及發音困難等。

When we speak, the two vocal cords in the throat come together. However, when there are lesions on the vocal cords or other underlying issues lead to incomplete closure, the quality of the voice may change, resulting in hoarseness, trembling, fatigue, weakened voice, pitch alterations, and difficulty in pronunciation.



如果喉嚨沙啞情況持續兩週，伴隨吞嚥不順、吸氣聲異常、頸部出現無痛腫塊、甚至是痰中帶血，應立刻求醫，避免延誤診斷出喉癌、甲狀腺問題或神經系統疾病等更嚴重的健康問題。

If hoarseness persists for two weeks and is accompanied by difficulty swallowing, abnormal sounds during inhalation, painless lumps in the neck, or blood in sputum, it is crucial to seek immediate medical attention. This helps prevent delays in diagnosing more serious health issues such as laryngeal cancer, thyroid problems, or neurological disorders.

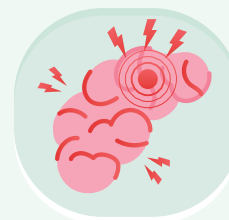


聲音沙啞主要成因 THE CAUSES OF HOARSENESS

1 結構性問題 STRUCTURAL ISSUES

喉炎（急性感染／慢性感染）、出現異常組織（良性組織如聲帶結節、息肉／惡性組織如喉癌）、缺乏某些結構（如：聲帶溝、聲帶萎縮）

These include laryngitis (acute or chronic), the presence of abnormal tissue (such as benign vocal cord nodules or polyps, or malignant tissues like laryngeal cancer), and deficiencies in certain structures (e.g., vocal cord sulcus or atrophy of the vocal cords).



2 神經性問題 NEUROLOGICAL ISSUES

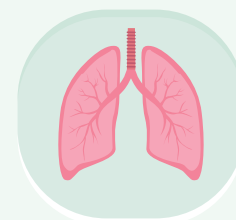
負責聲帶隨意開合活動的腦部神經出狀況，有機會出現聲帶麻痺或聲帶痙攣。此外，許多影響腦部和神經的疾病，例如帕金森氏症、腦中風、漸凍人等等，也可能表現長期聲音沙啞。

Problems with the brain nerves that control the voluntary opening and closing of the vocal cords can lead to vocal cord paralysis or spasms. Additionally, various diseases affecting the brain and nerves, such as Parkinson's disease, stroke, and amyotrophic lateral sclerosis (ALS), may also present with persistent hoarseness.

3 功能性問題 FUNCTIONAL ISSUES

包括肌肉緊張性發聲障礙，即喉部周圍的肌肉過度用力，導致發聲困難。心肺功能不足引致的發聲障礙，即因為缺乏足夠的氣息支撐會造成中氣不足、發聲無力、聲音沙啞或無法持續發聲。

This includes muscle tension hoarseness, where excessive strain in the muscles around the larynx leads to difficulty in sound production. Voice disorders caused by insufficient cardiopulmonary function may result in weak voice, hoarseness, or an inability to sustain sound due to inadequate breath support.



診斷方法

DIAGNOSIS METHODS

主要診斷方法為喉嚨內窺鏡檢查，無需額外時間和複雜麻醉，即可快速發現聲帶病灶。

聲帶頻閃檢查是一種進階的喉鏡檢查，以診斷聲帶結節、息肉、發炎等問題，並評估聲帶結構與功能。它利用頻閃觀察燈產生頻繁的閃光，在病人口腔後方或沿鼻至喉部置入軟式導管。當病人說話、唱歌或吹哨時，就能拍下影像，並能將快速振動的影像以慢動作呈現。

若發現異常，則需抽取組織活檢以精準確診。

The primary diagnostic method is laryngoscopy, which allows for quick detection of vocal cord lesions without the need for additional time or complex anesthesia.

Vocal cord stroboscopy is an advanced laryngeal examination used to diagnose issues such as vocal cord nodules, polyps, and inflammation, as well as to assess the structure and function of the vocal cords. It utilizes a strobe light to produce rapid flashes. After administering a local anesthetic in the back of the patient's mouth or along the nasal passage to the throat, a flexible tube is inserted. When the patient speaks, sings, or whistles, images are captured, and the rapidly vibrating images can be presented in slow motion.

If any abnormalities are found, a tissue biopsy may be necessary for accurate diagnosis.

聯絡我們

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聲音沙啞高風險人群

HIGH-RISK GROUPS FOR HOARSENESS



頻繁使用聲音的人士
(如歌手、教師、售貨員、KOL、主播)
Individuals who frequently use their voices (such as singers, teachers, salespeople, KOLs, and broadcasters)



8至14歲的男孩
Boys aged 8 to 14



65歲以上人士
(容易聲帶萎縮)
Individuals over 65 years old
(more prone to vocal cord atrophy)



長期吸煙、飲酒、胃酸倒流的人士
Long-term smokers, drinkers, and those with acid reflux



長期處於粉塵或化學物質環境的人士
Individuals who are frequently exposed to dust or chemical environments



神經系統疾病 (如中風)
Those with neurological diseases (such as stroke)



曾接受頸部手術的人士
Individuals who have undergone neck surgery



因身體其他狀況而需長期服用容易引致聲沙的藥物的人士 (如抗膽鹼藥品或使喉嚨乾燥)
Those who need to take medications that can cause hoarseness due to other health conditions (such as anticholinergic drugs or those that dry the throat)

治療方法

TREATMENT METHODS

1

保守治療

CONSERVATIVE TREATMENT

- **發聲訓練 VOICE TRAINING**
由言語治療師進行 **conducted by a speech therapist**
- **調整生活方式 LIFESTYLE ADJUSTMENTS**
如避免吸煙和二手煙 **such as avoiding smoking and secondhand smoke**
- **藥物治療 MEDICATION**
對抗胃酸倒流 **to combat acid reflux**

2

非入侵治療

NON-INVASIVE TREATMENTS

- **肉毒桿菌注射 BOTOX INJECTIONS**
常用於痙攣性發聲障礙 **commonly used for spasmodic dysphonia**
- **注射性喉成形術 INJECTION LARYNGOPLASTY**
常用於聲帶麻痺或慢性發炎 **commonly used for vocal cord paralysis or chronic inflammation**

3

(微創/外科) 手術

MINIMALLY INVASIVE / SURGICAL PROCEDURES

- **二氧化碳激光治療 LASER TREATMENT**
- **經喉鏡藍光鐳射手術治療 TRANSNASAL LARYNGOSCOPIC BLUE LASER PROCEDURE**
- **甲狀軟骨成形術 THYROPLASTY**
常用於聲帶麻痺 **commonly used for vocal cord paralysis**
- **喉切除術 LARYNGECTOMY**
常用於晚期喉癌 **commonly used for advanced laryngeal cancer**
- **喉部神經重建 LARYNGEAL NERVE RECONSTRUCTION**

4

其他療法

OTHER THERAPIES

- **放射治療和化療 RADIATION THERAPY AND CHEMOTHERAPY**
用於治療喉癌 **used for treating laryngeal cancer**