

behavioral cough suppression therapy

Behavioral Cough Suppression Therapy: A Path to Lasting Relief from Chronic Cough

behavioral cough suppression therapy is gaining recognition as an effective approach to managing chronic cough, especially when traditional medical treatments fall short. If you've ever experienced a cough that just won't quit, despite no apparent infection or lung disease, you're not alone. Chronic cough can be frustrating, socially embarrassing, and even physically exhausting. This therapy offers hope by targeting the behavioral aspects of coughing rather than just the physical symptoms.

Understanding Behavioral Cough Suppression Therapy

When we think of coughs, we often imagine a reflex triggered by irritation in the throat or lungs. However, many persistent coughs are not purely physical reactions but are influenced by learned behaviors and heightened cough sensitivity. This is where behavioral cough suppression therapy (BCST) comes into play. It is a specialized, non-pharmacological treatment designed to help individuals consciously control and reduce their cough.

Unlike medications that aim to suppress cough reflexes chemically, BCST focuses on retraining the brain and body to reduce the urge to cough through specific techniques and exercises. This method is often recommended for people with refractory chronic cough, a condition where cough persists longer than eight weeks despite medical evaluation and treatment.

Why Chronic Cough Can Be So Stubborn

Chronic cough is more than just a lingering symptom; it can become a habit. Over time, the nervous system can become hypersensitive, causing even minor throat irritation to trigger coughing. This phenomenon, known as cough hypersensitivity syndrome, makes it difficult to break the cycle of coughing.

Many patients undergo extensive testing and treatments for allergies, asthma, acid reflux, or infections without finding relief. When these causes are ruled out or managed but the cough persists, behavioral interventions like BCST become a vital option.

How Behavioral Cough Suppression Therapy Works

Core Principles of Behavioral Cough Suppression Therapy

At its heart, behavioral cough suppression therapy is about awareness and control. The therapy involves several key components:

1. Cough Awareness Training

The first step is learning to recognize the early sensations or triggers that lead to coughing. Patients are taught to notice throat tickles, irritation, or the urge to cough before it escalates. This heightened awareness is crucial because it allows individuals to intervene before the cough reflex becomes automatic.

2. Competing Response Techniques

Once aware of the urge, patients use competing responses—alternative behaviors that inhibit coughing. These might include:

- Swallowing gently
- Breathing through the nose slowly
- Taking sips of water
- Relaxing throat muscles

By substituting coughing with these actions, the brain learns to reduce the cough response over time.

3. Psychoeducation

Understanding the nature of chronic cough and its behavioral aspects empowers patients. Therapists often explain how cough can become a learned habit and how retraining the nervous system can break this pattern.

4. Stress and Anxiety Management

Since stress and anxiety can exacerbate cough, therapy also includes techniques to reduce these factors. Relaxation exercises, mindfulness, and breathing strategies help calm the nervous system, which in turn decreases cough frequency.

Benefits of Behavioral Cough Suppression Therapy

Why Choose Behavioral Cough Suppression Therapy?

Many people wonder why they should try BCST when medications seem like a more straightforward

solution. Here's why this therapy stands out:

Non-Invasive and Drug-Free

One of the most attractive benefits is that BCST avoids the side effects associated with medications such as codeine or steroids. This makes it suitable for long-term management without risk of dependency or adverse reactions.

Addresses the Root Cause

While cough suppressants mask symptoms, behavioral therapy targets the underlying habit and neural pathways responsible for the persistent cough.

Improves Quality of Life

Chronic cough can disrupt sleep, work, and social interactions. Patients often report significant improvements in daily functioning and confidence after undergoing BCST.

Evidence-Based Success

Clinical studies have demonstrated that behavioral cough suppression therapy can reduce cough frequency and severity by up to 70% in many patients. Speech-language pathologists and respiratory therapists trained in this method have successfully helped individuals regain control over their cough.

Implementing Behavioral Cough Suppression Therapy in Daily Life

Tips for Effectively Practicing Behavioral Cough Suppression Techniques

If you're considering or already undergoing behavioral cough suppression therapy, here are some practical tips to maximize your results:

Keep a Cough Diary

Tracking when and where your cough occurs can help identify triggers and patterns. This information is valuable during therapy sessions for tailoring techniques.

Practice Competing Responses Regularly

Consistency is key. Practice swallowing, slow nasal breathing, and other competing responses even when you don't feel the urge to cough. This reinforces new habits.

Use Relaxation Strategies Daily

Incorporate mindfulness, deep breathing, or progressive muscle relaxation into your routine to reduce anxiety-related coughing.

Engage with a Specialist

Working with a speech-language pathologist or therapist trained in cough suppression therapy ensures you receive personalized guidance and feedback.

Be Patient and Persistent

Changing a deeply ingrained cough habit takes time. It's normal to experience setbacks, but persistence will lead to gradual improvement.

Common Misconceptions About Behavioral Cough Suppression Therapy

Clearing Up the Myths

Despite growing awareness, some misunderstandings about behavioral cough suppression therapy still persist:

“It's Just About Not Coughing”

BCST is much more than simply trying not to cough. It involves retraining the brain, managing triggers, and employing multiple coping strategies.

“It Works Instantly”

Therapy is a gradual process. While some patients notice quick relief, for others it may take weeks of practice to see significant changes.

“Only Adults Can Benefit”

Children and adolescents with chronic cough can also benefit from behavioral approaches, with techniques adapted to their age and needs.

The Role of Technology in Behavioral Cough Suppression Therapy

In recent years, digital health tools have started to complement traditional cough suppression therapy. Mobile apps that track cough frequency, provide reminders for exercises, and offer relaxation techniques are becoming valuable aids. Telehealth sessions with therapists also increase accessibility for those who may not have local specialists.

By incorporating technology, patients can stay engaged, monitor progress, and receive support even outside of clinical settings.

When to Consider Behavioral Cough Suppression Therapy

If you’ve been struggling with a persistent cough lasting more than eight weeks that doesn’t respond to usual treatments, it might be time to explore behavioral cough suppression therapy. Especially if your doctor has ruled out infections, chronic respiratory diseases, or gastroesophageal reflux as causes, BCST offers a promising avenue for relief.

In many cases, a multidisciplinary approach involving pulmonologists, allergists, and speech-language pathologists yields the best outcomes. Early intervention can prevent the cough from becoming further entrenched and improve overall respiratory health.

Final Thoughts on Managing Chronic Cough with Behavioral Therapy

Chronic cough can be a complex and frustrating condition, but behavioral cough suppression therapy shines as an empowering and effective tool. By understanding the behavioral and neurological components of cough, patients can regain control and reduce the impact of coughing on their lives.

If you or someone you know is dealing with a stubborn cough that just won’t quit, consider discussing behavioral therapy options with a healthcare professional. With patience, practice, and the right guidance, it’s possible to break free from the cycle of chronic coughing and enjoy clearer, quieter days ahead.

Frequently Asked Questions

What is behavioral cough suppression therapy?

Behavioral cough suppression therapy is a non-pharmacological treatment approach aimed at reducing chronic cough by using techniques such as cough control strategies, education, and counseling to help patients manage and suppress their cough reflex.

Who can benefit from behavioral cough suppression therapy?

Individuals suffering from chronic cough, especially those with refractory or unexplained cough that does not respond well to medical treatments, can benefit from behavioral cough suppression therapy.

How does behavioral cough suppression therapy work?

The therapy works by teaching patients to recognize the urge to cough and use specific techniques like controlled breathing, swallowing, or distraction to suppress the cough, thereby reducing cough frequency and severity over time.

Is behavioral cough suppression therapy effective?

Yes, several clinical studies have demonstrated that behavioral cough suppression therapy can significantly reduce cough frequency and improve quality of life for patients with chronic cough.

What techniques are commonly used in behavioral cough suppression therapy?

Common techniques include controlled breathing exercises, swallowing maneuvers, vocal hygiene education, relaxation strategies, and habit reversal methods to help patients control their cough reflex.

How long does behavioral cough suppression therapy typically last?

The duration of therapy varies but typically involves several weekly sessions over 4 to 6 weeks, with ongoing practice of techniques at home to maintain cough suppression.

Are there any side effects of behavioral cough suppression therapy?

Behavioral cough suppression therapy is generally safe and has no direct side effects, as it involves non-invasive behavioral techniques rather than medication.

Can behavioral cough suppression therapy be combined with other treatments?

Yes, it is often used alongside medical treatments to address underlying causes of cough and can be part of a multidisciplinary approach to managing chronic cough.

Additional Resources

Behavioral Cough Suppression Therapy: An Emerging Approach in Chronic Cough Management

behavioral cough suppression therapy has gained increasing attention in recent years as an effective non-pharmacological intervention for managing chronic cough, particularly when traditional medical treatments fall short. Chronic cough, defined as a cough lasting longer than eight weeks, often presents a diagnostic and therapeutic challenge, leading to significant distress and impaired quality of life for patients. As research progresses, behavioral cough suppression therapy (BCST) has emerged as a promising approach that targets the neural and behavioral components of cough reflex sensitivity.

Understanding Behavioral Cough Suppression Therapy

Behavioral cough suppression therapy is a structured, multidisciplinary treatment modality designed to help patients consciously modulate their cough response. Unlike pharmacological treatments aimed at reducing inflammation or treating underlying conditions such as asthma or gastroesophageal reflux disease (GERD), BCST focuses primarily on retraining the cough reflex through cognitive and behavioral strategies. This therapy is often facilitated by speech-language pathologists or specialized clinicians trained in respiratory disorders.

At its core, BCST involves educating patients about the mechanisms of cough, increasing their awareness of cough triggers, and teaching techniques to suppress the cough voluntarily. The therapy typically includes components such as controlled breathing exercises, vocal hygiene education, psychoeducational counseling, and habit reversal training. This multifaceted approach addresses both the sensory urge to cough and habitual patterns that may perpetuate coughing episodes.

Mechanisms Behind Behavioral Cough Suppression

The pathophysiology of chronic cough often involves hypersensitivity of the cough reflex, triggered by peripheral and central nervous system pathways. Behavioral cough suppression therapy leverages neuroplasticity—the brain's ability to rewire itself—to reduce cough hypersensitivity. By consciously suppressing the urge to cough and employing alternative behaviors, patients can decrease the frequency and intensity of cough episodes over time.

Functional imaging studies have demonstrated that BCST may alter activity in brain regions responsible for cough control, such as the prefrontal cortex and supplementary motor areas. This suggests that cognitive control mechanisms can override the involuntary cough reflex, supporting the therapeutic rationale behind BCST.

Clinical Applications and Effectiveness

Behavioral cough suppression therapy is primarily indicated for patients with refractory or unexplained chronic cough, especially when pharmacological interventions have been ineffective. It has shown considerable promise in various clinical settings, including otolaryngology, pulmonology, and speech pathology practices.

Comparative Effectiveness to Pharmacological Treatments

While medications such as neuromodulators (e.g., gabapentin) and cough suppressants remain options for chronic cough management, they often come with side effects and variable efficacy. In contrast, BCST offers a low-risk alternative that empowers patients to manage symptoms actively. Studies comparing BCST with pharmacotherapy have reported significant improvements in cough frequency and patient-reported outcomes with behavioral interventions, sometimes with longer-lasting effects.

For instance, a randomized controlled trial published in the journal *Chest* demonstrated that patients receiving BCST exhibited a 70% reduction in cough frequency compared to controls, with sustained benefits at three-month follow-up. Moreover, BCST was associated with improved quality of life scores and decreased cough-related anxiety.

Implementation and Therapeutic Techniques

A typical BCST program comprises several stages:

- **Assessment:** Comprehensive evaluation of cough characteristics, triggers, and impact on daily life.
- **Education:** Explaining the cough reflex and the rationale for behavioral control.
- **Suppression Strategies:** Teaching patients to recognize the urge to cough and employ suppression techniques such as swallowing, controlled breathing, or distraction.
- **Breathing Exercises:** Techniques like diaphragmatic breathing to reduce throat irritation and promote relaxation.
- **Vocal Hygiene:** Guidance on hydration, avoiding irritants, and maintaining healthy vocal habits.
- **Follow-up:** Monitoring progress and reinforcing strategies to ensure adherence.

These interventions are often personalized, varying in intensity and duration based on individual patient needs and response.

Benefits and Limitations of Behavioral Cough Suppression Therapy

Advantages

- **Non-invasive:** BCST circumvents the risks associated with medication side effects.
- **Empowering:** Patients gain active control over their symptoms, enhancing self-efficacy.
- **Cost-effective:** Reduces reliance on expensive or long-term pharmacotherapy.
- **Improves Quality of Life:** Decreases social embarrassment and psychological distress linked to chronic cough.

Challenges and Considerations

- **Accessibility:** Requires trained clinicians, which may not be readily available in all healthcare settings.
- **Patient Compliance:** Success depends heavily on patient motivation and consistent practice outside therapy sessions.
- **Not a Cure-All:** BCST may not be suitable for cough caused by active infections, malignancies, or progressive respiratory diseases.
- **Limited Awareness:** Both patients and some healthcare providers may be unaware of BCST as a treatment option.

Future Directions in Behavioral Cough Suppression Therapy

Research into BCST continues to evolve, with growing interest in integrating technology to enhance delivery and accessibility. Telehealth platforms and mobile applications are being explored to provide remote coaching and real-time feedback, potentially expanding reach to patients in underserved regions.

Additionally, combining BCST with pharmacological treatments or psychological therapies such as cognitive-behavioral therapy (CBT) may offer synergistic benefits, particularly in patients with comorbid anxiety or somatic symptom disorders. Ongoing clinical trials aim to refine protocols, identify predictors of response, and establish standardized outcome measures.

Integration with Multidisciplinary Care

The complexity of chronic cough often necessitates a multidisciplinary approach involving pulmonologists, otolaryngologists, speech therapists, and psychologists. Behavioral cough suppression therapy fits naturally within this framework, serving as a complementary tool alongside medical management and lifestyle modifications.

Collaboration among specialists ensures comprehensive assessment and tailored intervention plans, enhancing overall treatment efficacy. Increasing awareness and training among healthcare providers will be crucial for broader adoption of BCST.

Behavioral cough suppression therapy represents a significant advancement in the management of chronic cough, shifting the paradigm from solely treating underlying medical conditions to addressing the behavioral and neurological aspects of the cough reflex. As evidence continues to mount in favor of its efficacy, BCST is poised to become a cornerstone of chronic cough therapy, offering patients a practical and empowering means to reclaim control over their symptoms.

Behavioral Cough Suppression Therapy

behavioral cough suppression therapy: Voice Therapy Joseph C. Stemple, Edie R. Hapner, Lauren Timmons Sund, 2025-08-06 The sixth edition of Voice Therapy: Clinical Case Studies continues to offer a comprehensive approach to voice therapy, focusing on management strategies derived from real-world clinical cases. Authored by leading voice clinicians, the cases now feature an updated format that integrates comprehensive voice evaluations, detailed treatment plans with long- and short-term goals, and new decision-making sections to guide therapeutic choices. New to this edition, videos by master clinicians enhance practical learning through visual demonstrations. The new chapters, videos, and evidence-based cases are well-suited for classroom instruction. Both novice and seasoned clinicians alike will discover invaluable insights for managing even the most challenging voice and upper airway cases. Key Updates in the Sixth Edition Expanded Content: Three new chapters addressing: The comprehensive voice evaluation Clinical decision-making Gender affirming voice care Over 25 new clinical case studies offering in-depth exploration of voice and upper airway interventions. 37 video demonstrations that provide practical examples of a range of voice therapy techniques. Find the full list here Enhanced Structure: Chapters reorganized by disorder category to facilitate seamless navigation, allowing clinicians to easily locate relevant information. Revised chapter introductions clarify key concepts and set the stage for deeper learning. Detailed Interventions: Each case now offers greater detail on therapeutic interventions, helping readers follow treatment progress step-by-step. New Co-Editor: Lauren Timmons Sund, BM, MS, CCC-SLP Additional Features In addition to the clinical cases and videos, this text offers: The voice evaluation in documentation format. Each case includes a dedicated decision-making section, aiding clinicians in creating personalized treatment plans. Cases highlight both in-person and telehealth service delivery models, reflecting current clinical practices. "Call-Out" Boxes spotlight critical topics and provide supplementary information to deepen understanding.

behavioral cough suppression therapy: Handbook of Child Behavior Therapy T. Steuart Watson, Frank M. Gresham, 1998 This guidebook helps child therapists understand the relationship between the identification of problem behaviors and the formulation of effective interventions.

Handbook of Child Behavior Therapy instructs professionals on not only 'what we do', but also 'how to do it'. The contributors give ecological considerations prime importance, grouping behaviors into the settings where they are most likely to be assessed and treated. The volume offers a superb view of the clinical decision-making process.

behavioral cough suppression therapy: Diagnosis and Treatment of Chronic Cough Sang Heon Cho, Woo-Jung Song, 2021-02-06 This book is a practical resource for clinicians who manage patients with chronic cough, which represents a major challenge in the clinic due to multiple diagnostic and therapeutic considerations. Essential assessments for cough and treatable traits are described, covering the upper and lower airways and the gastrointestinal tract, and appropriate treatments are identified according to the different findings and diagnoses. Based on recent mechanistic and clinical advances, the authors also discuss novel diagnostic and therapeutic options, including pharmacological and non-pharmacological approaches to control cough. Particular considerations of importance when dealing with chronic cough in children and the elderly are addressed separately. The book will be an invaluable guide and reference for all practitioners who require up-to-date information on how best to assess, diagnose, and treat patients with chronic cough.

behavioral cough suppression therapy: Evidence-Based Laryngology David E. Rosow, Chandra M. Ivey, 2021-02-19 This text provides a critical look at the state of the evidence in the most compelling areas of laryngology. Rather than being a comprehensive text covering every single possible area, it focuses on published works in the 9 areas that are of the most interest to laryngologists as well as speech pathologists, general otolaryngologists, and head and neck oncologists managing laryngologic issues. The state of the literature is succinctly summarized and tabulated in each area, allowing the reader to see which areas have high-grade evidence (Levels 1 or 2) to support decision making, and which areas are in need of better quality studies. Each chapter is divided into three main sections: Diagnosis and Pathophysiology, Surgical management, and Non-surgical management. This makes it easier for the reader to browse to the area of interest in each section and to find the evidence basis for a given concept. Evidence-Based Laryngology will be an invaluable resource to otolaryngologists, residents, speech-language pathologists, and other clinicians who manage laryngological problems and would like to know the evidence basis behind different treatment options.

behavioral cough suppression therapy: Clinical Voice Pathology Joseph C. Stemple, Nelson Roy, Bernice K. Klaben, 2025-01-13 Clinical Voice Pathology: Theory and Management, a classic text now in its seventh edition, is a comprehensive resource that addresses the history, anatomy, physiology, etiologies, pathologies, and contemporary issues related to the assessment and management of the voice and related disorders. While continuing to provide the graduate speech-language pathology student with the knowledge necessary to evaluate and treat an impressive array of voice disorders, the text now includes two new chapters that focus on the expanding role of the speech-language pathologist in (1) upper airway disorders (including chronic refractory cough as well as inducible- and exercise-induced laryngeal obstruction), and (2) gender-affirming voice and communication training. With a foundation rooted in science, combined with the vast clinical and research expertise of the authors, students and practicing clinicians will be equipped with the knowledge necessary to effectively assess and manage not only a wide range of voice and upper airway disorders, but also individuals who seek gender-affirming voice care. Individuals with diverse voice and airway related issues, such as professional voice users, performers, patients with laryngeal cancer, or who are tracheostomy and ventilator-dependent are often complex and demand a clinician who possesses an extraordinary depth and breadth of knowledge. To facilitate the acquisition of this knowledge, this text offers a wealth of visual aids, including artwork, case studies, and a companion website with extensive audiovisual instructional materials. These features not only maintain the high standards set by previous editions but further enhance the learning experience. New to the Seventh Edition: * A new chapter describing the SLP's roles and responsibilities in the assessment and management of upper airway disorders including

chronic refractory cough (CRC), inducible laryngeal obstruction (ILO) and exercise-induced laryngeal obstruction (EILO). * A new chapter on gender-affirming voice and communication training for transgender and gender-diverse individuals including approaches to gender-affirming health care. * Additional extensive audio and video examples of clinical cases and related treatment outcomes. * Instructional “how-to” videos demonstrating important procedural aspects of assessment (eg, focal laryngeal palpation, voice stimulability testing) and specific evidence-based voice therapies including manual laryngeal reposturing, circumlaryngeal massage, vocal function exercises, and resonant voice therapy. * Continued focus on enhancements to instruction and learning, including use of “Call-Out” boxes to highlight cases and encourage additional discussion. * Updated references throughout the text to reflect the current state of clinical research and practice. Key Features: * New Chapters on (i) Upper airway disorders and (ii) Gender-affirming voice care * Full-color text and images * Numerous Call Out boxes * Multiple helpful appendices

behavioral cough suppression therapy: Bailey's Head and Neck Surgery Clark A. Rosen, 2022-08-19 Designed to enhance the learning experience for both practicing otolaryngologists and otolaryngology residents, Bailey's Head & Neck Surgery—Otolaryngology, 6th Edition, delivers concise, practical information in all areas of this complex field. Dr. Clark A. Rosen (Laryngology) and his hand-picked editorial team representing all of the sub-disciplines of Head & Neck Surgery—Otolaryngology of Drs. Stacey Gray (rhinology), Patrick Ha (Head and Neck Surgery), Charles Limb (Otology), Stephen Park (Facial Plastics and Reconstructive Surgery), and Gresham Richter (Pediatric Otolaryngology) ensure that all content in this two-volume text is current, useful, and evidence based. Each chapter has been written to increase the reader's understanding, retention, and ability to successfully apply information in everyday practice.

behavioral cough suppression therapy: Neurologic and Neurodegenerative Diseases of the Larynx Philip A. Weissbrod, David O. Francis, 2020-03-03 This comprehensive text summarizes what is known about the myriad of different neurological conditions that cause dysfunction of communication, swallowing, and breathing as it relates to the upper aerodigestive tract. It serves to provide clinicians and scientists, at all levels of experience, a practical and thorough review of these diseases, their management, and frontiers in science. Chapters are written by experts in these conditions from a broad spectrum of medical specialties in order to create a book that is inclusive of diagnostic and therapeutic considerations that clinicians should think about when caring for patients with these conditions. Neurologic and Neurodegenerative Diseases of the Larynx will be an instrumental resource in guiding clinicians to better recognize the subtle and not so subtle voice, swallowing, and airway manifestations of these diseases, and improve management of patient symptoms and concerns in order to maximize both quality of life and longevity. It will aide otolaryngologists, laryngologists, neurologists, speech language pathologists, and other allied health care professionals in developing a more efficient, evidence-based, patient-focused, and multi-specialty approach to managing these complex and challenging patients.

behavioral cough suppression therapy: The Voice and Voice Therapy, Eleventh Edition Richard I. Zraick, Shelley L. Von Berg, 2024-11-26 Now published by Plural, The Voice and Voice Therapy, Eleventh Edition continues to be an indispensable resource on voice assessment and intervention, trusted for over five decades. This updated edition blends cutting-edge research, practical methodologies, and enhanced pedagogical tools, maintaining its accessibility to both undergraduate and graduate students. Covering a wide range of topics, the text delves into the biological, emotional, and linguistic functions of the larynx, along with detailed evaluations and management of specific voice disorders. Comprehensive descriptions of voice production anatomy and physiology are presented with detailed anatomical illustrations. The book provides in-depth discussions on voice and upper airway disorders, including those of a functional, organic and neurogenic nature. Special sections on voice therapy for diverse populations, such as school-age children, the elderly, professional voice users, and gender-diverse individuals, offer practical insights for students. The text includes videos demonstrating voice assessments, supportive studies, and various clinical approaches to voice therapy. New to the Eleventh Edition: * 500+ new

references from a variety of disciplines. * New data on the incidence and prevalence of voice disorders, expanded discussions on classification, assessment approaches, and managing dysphonia. * Expanded sections on excessive laryngeal muscle tension, psycho-emotional voice disorders, and evidence-based practices for treating functional dysphonia. * Significant updates on gastroesophageal reflux diseases, endocrine changes, induced laryngeal obstruction, and juvenile recurrent respiratory papilloma, including the latest medical management strategies. * The latest research on the behavioral, pharmacological, and surgical management of neurogenic voice disorders, with a focus on adductor laryngeal dystonia and Parkinson's disease. * Extensive updates on auditory-perceptual evaluation, voice-related quality of life assessments, and new case studies illustrating both instrumental and non-instrumental assessment techniques. * Greater discussions on managing dysphonia in older adults, children, professional voice users, and gender-diverse individuals, with a focus on gender-affirming voice and communication therapy. * More detailed coverage of medical management, evaluation, and therapy post-laryngectomy, with comprehensive discussions on communication options. * In-depth discussion of disorders of nasal and oral resonance, with expanded content on the team management of cleft palate speech. Key Features: * Evidence-Based Practice: Grounded in the latest research with over 1,200 references. * Comprehensive descriptions of voice production anatomy and physiology are included with detailed anatomical illustrations. * Voice Facilitating Approaches in table form detail when a particular approach is useful, list the sequence of therapy steps for that approach, and illustrate the outcome by presenting the approach with a particular client. * Packed with Interactive Learning Tools: * 25 Voice Facilitating Approaches detail when a particular approach is useful, list the sequence of therapy steps for that approach, and illustrate the outcome by presenting the approach with a particular client. * Videos of master clinicians with real clients demonstrate voice assessments and the Voice Facilitating Approaches. These demonstrations enhance understanding and provide practical examples of techniques used in voice therapy. * Self-Check quizzes, Clinical Sidebars, and end-of-chapter Preparing for the PRAXIS™ questions reinforce learning and provide immediate feedback. * Guided Reading Exercises point readers to key clinical articles for deeper understanding. * Clinical Concepts in select chapters provide practical guidance.

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bestselling title year after year, this popular 5 books in 1 reference delivers vast amounts of information in a user-friendly manner. It is updated annually to provide current and clinically relevant answers on over 1,000 common medical conditions, including diseases and disorders, differential diagnoses, clinical algorithms, laboratory tests, and clinical practice guidelines—all carefully reviewed by experts in key clinical fields. Extensive algorithms, along with hundreds of high-quality photographs, illustrations, diagrams, and tables, ensure that you stay current with today's medical practice. - Contains significant updates throughout all 5 sections, covering all aspects of diagnosis and treatment - Features 26 all-new topics including eosinophilic gastroenteritis (EGE), retroperitoneal abscess, adenomyosis, periprosthetic joint infection, tonic pupil, rectal adenocarcinoma, nightmares and dream disturbances, avoidance/restrictive food intake disorder (ARFID), hypokalemia, cardiac implantable electronic device infection, heparin resistance, and hypertrophic pyloric stenosis, among others - Includes useful appendices covering palliative care, preoperative evaluation, nutrition, poison management, commonly used herbal products in integrated medicine, and much more - Offers online access to newly revised and updated Patient Teaching Guides in both English and Spanish

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behavioral cough suppression therapy: Chronic Cough Thomas L. Carroll, 2019-03-08 Chronic Cough is a clinical resource for practitioners treating patients with chronic cough. It is also a reference for any practicing or training clinician who wants to feel more confident in their understanding, workup and treatment of this symptom. As the diagnosis and treatment of chronic cough evolves, empiric treatments are giving way to objective testing. Research is driving new therapeutics and testing modalities, and diagnostic advances and multidisciplinary collaboration has led to more successful treatments. Chronic Cough addresses these advancements by covering the basics of what is known, what is not known, and what is currently being discovered about chronic

cough. This practical resource will appeal to residents, advanced practice providers, and physicians in the fields of family practice, internal medicine, otolaryngology, pulmonology, gastroenterology, and speech-language pathology. Key Features Thinking Outside of the Box sections in each chapter provide practical information and controversial or less conventional ideas surrounding chronic cough Take Home Points at the end of each chapter provide readers with a succinct summary of important facts 20+ expert contributors from backgrounds in otolaryngology, including laryngology and rhinology, pulmonology, molecular and cellular pathology and speech-language pathology

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