Menopause and the Voice

1. Voice becomes dry with less flexibility.
2. High range suffers because upper passaggio becomes difficult to navigate. (This is due to incorrect vocalization in middle register.)
3. Break between the lower head voice and the chest register becomes larger and more difficult to negotiate.
4. Low head voice loses color and can become weak.
5. Voice becomes pushed due to registration imbalance.
6. Larynx assumes a higher position in the middle voice, sometimes accompanied by a large hole in the voice where the cords have become bowed. This lack of proper adduction of the folds creates insecurity in the range.
7. Chest voice becomes overly dark due to tongue pressure and the use of the thicker vocal cord mass rather than the thin edges.
8. General hardness of tone. Rigidity due to laryngeal

muscle tension often accompanied by a vocal wobble. The singer might also report a general feeling of thickness in the voice.

Vocalizing Through Menopause: Regaining Lost Vocal Function--David L. Jones