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## ANSWER: VOCAL CORD NODULES.

These are benign, superficial growths, localised on the medial surface of the true vocal folds. Its usual location is at the junction of the anterior and middle third of the vocal fold.<sup>1</sup>

These are commonly found in individuals who are prone to excessive vocal use, for example screaming, high voice uses and untrained singing<sup>1</sup>. A number of celebrity singers like Beyoncé, Adele, Mariah Carey and many more have been afflicted with vocal nodules at one point or another throughout their careers.<sup>2</sup>

The most common presenting complaint is generalized or localised hoarseness and change in voice quality are some of the typical presenting symptoms.<sup>1</sup>

Apart from a concise clinical history, fibroscopic examination of the larynx and particularly the vocal folds will aid the diagnosis. If available, videostroboscopy is far more sensitive in detecting or distinguishing other laryngeal lesions when compared to other indirect laryngoscopy techniques.<sup>3</sup>

An integral part of management is identifying and eliminating underlying causative factors. This largely involves voice therapy and patient education on the proper vocal hygiene and hydration.<sup>1,3</sup> It is crucial to avoid vocal abuse, misuse, and overuse.

## CONFLICT OF INTEREST

The author(s) declared no conflict of interest in this work.

## CONSENT

Consent has been obtained from patient and hospital authority to publish this article.

## REFERENCES

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