

# The New York Singing Teachers' Association, Inc.

## VOCAL HEALTH FOR VOICE PROFESSIONALS



**DR. PEAK WOO** is a board certified otolaryngologist specializing in laryngology (voice and throat disorders). His main interest is in the diagnosis and treatment of diseases of the throat. During his 25 years in academic medicine, he spearheaded the development of the computerized videostroboscope and the high-speed video imaging system, now standard for imaging of vocal fold vibration. He also developed some novel applications of office lasers for treatment of disease of the throat. As a leader in his field, Dr. Woo is frequently asked to give courses and talks nationally and internationally on topics of phono-surgery, laser surgery, voice diagnosis and office intervention for voice disorders.

At Mt. Sinai, he was director of the Grabscheid Voice Center from 1996 to 2008. In 2008, he opened his private practice with a focus on laryngology and voice disorders. Dr. Woo remains Clinical Professor of Otolaryngology at the Mount Sinai School of Medicine. Please visit his website at [www.peakwoo.com](http://www.peakwoo.com).



**ANAT KEIDAR, PH.D., CCC-SLP** is the founder and director of Keidar Professional Voice Care, LLPC, dedicated to clinical management of voice disorders, applied research, and vocology training for speech-language pathologists and voice teachers. Her undergraduate studies were completed in Israel, with a double major in music & rhythmic education, and a minor in music therapy. Since receiving her Masters degrees in vocal performance & pedagogy, and in speech–language pathology, and her Doctorate in speech science (all from

the University of Iowa), Dr. Keidar has been working in clinical and academic settings where she has conducted research, taught graduate & undergraduate courses in communication disorders, trained ENT residents and fellows, supervised clinical operations, administered diagnostic and rehabilitative services, and served as a speech/voice consultant to physicians, voice teachers, and educational & performing arts institutions. An active member of several professional organizations, Dr. Keidar has been a regular contributor to ASHA (*American Speech-Language Hearing Association*) and NYSTA, and NATS events focusing on vocal health. She is also a board member of the New York Chapter of NATS, and IFPAM (*International Foundation for Performing Arts Medicine*). She has presented and published works related to acoustics, perception, and production of voice as well as assessment and treatment of voice disorders. Dr. Keidar advocates and implements a team approach to management of voice patients, and collaborates closely with voice teachers in the rehabilitative process of vocal artists. Owing to her wealth of knowledge, practical style of delivery, and captivating enthusiasm, Dr. Keidar has become a sought-after speaker in the US and abroad. Dr. Keidar's educational background, combination of skills, and experience as a singer, clinician, and researcher make her uniquely qualified to care for the professional voice patient.



**DR. LINDA CARROLL**, M.Phil., Ms., CCC/SLP Linda Carroll holds her PhD in Applied Speech Science with a focus in aerodynamics of the vocal tract. As a speech pathologist, she focuses on voice rehabilitation, particularly in professional voice users. Her research is aimed at investigation of acoustics and aerodynamics in the pathologic voice. Dr. Carroll's early career was a classical singer. Dr. Carroll maintains a private practice in speech pathology in New York City, and is senior voice scientist at Children's Hospital of Philadelphia. She was formerly faculty and speech pathologist at

the Grabscheid Voice Center.



**DR. LUCIAN SULICA** is Associate Professor and Director of Laryngology/Voice Disorders at Weill Cornell Medical College and New York Presbyterian Hospital – Cornell Medical Center. His practice is limited to medical and surgical management of voice disorders, with a special emphasis on care of the performing voice in New York's demanding and multifaceted arts community. Dr. Sulica has a special interest in neurologic voice disorders, including vocal cord (or fold) paresis and paralysis and spasmodic dysphonia, and in microsurgical treatment of vocal cord problems like polyps, cysts and nodules.

Dr. Sulica is the author of a textbook entitled *Vocal Fold Paralysis*. In addition, he has written more than 30 journal articles and 19 book chapters. He has guest edited a volume of *Otolaryngologic Clinics of North America* devoted to vocal fold paralysis and paresis. He is also the author of [www.voicemedicine.com](http://www.voicemedicine.com), an informational site for voice disorders, and a consultant and contributor to [www.voiceproblem.org](http://www.voiceproblem.org), the Voice Problem Website. He has lectured extensively in the United States and abroad, and has been elected to membership in the American Bronchoesophagological Society, the New York Academy of Medicine, and the New York Laryngological Association.



**Benjamin F. Asher, MD** A New York City based, board-certified Otolaryngologist (Head and Neck Surgeon) Dr. Asher is renowned for his innovative, non-surgical approaches. In addition to being a highly regarded conventional physician, he has been at the forefront of applying alternative medicine to ENT (Ear, Nose and Throat) disorders since the beginning of his medical career twenty-five years ago.

Dr. Asher is committed not only to helping his voice patients avoid steroids and surgery whenever possible (and their potential adverse effects) but assisting them in optimizing their vocal production and performance endurance. He does this by diagnosing the source of symptoms and by addressing areas of tension and inflammation a patient may not recognize as an impediment.

His integrative practice includes: cranial osteopathy, myofascial therapy, medical hypnosis, stress management, and nutritional counseling. He has also studied the Feldenkries Method, the Alexander Technique, and works in cooperation with acupuncturists and chiropractors as well as Ayurvedic, homeopathic, and naturopathic physicians. Dr. Asher's post-doctoral training began at the University of Iowa, the preeminent Otolaryngology residency in the country, where he was selected to serve as Chief Resident. While at Iowa, Dr. Asher was recognized for his pioneering research in the area of vocal cord function; his findings were published in *Journal of Voice*. Following residency, Dr. Asher completed a fellowship at Harvard Medical School.

Dr. Asher has served on the faculty of Harvard, Washington University, and Dartmouth medical schools and on the board of the American Holistic Medical Association.

He has published numerous professional articles and book chapters, has been quoted as an expert in national consumer periodicals, and is frequently invited to lecture to healthcare practitioners and the public - both nationally and internationally. Recently, Dr. Asher has presented at the Pan European Voice Conference, The Voice Foundation Annual Conference, and the Linklater Center for Voice.

Dr. Asher is the founder and former chairperson of the Committee on Alternative Medicine for the American Academy of Otolaryngology - Head and Neck Surgery. He has served as house physician for The New York City Opera and the New York City Ballet, and been selected, One of America's Top

Physicians by the Consumers' Research Council of America.