

## Why Choose Atrium Health Wake Forest Baptist?

### Experienced Professionals

Our laryngologists and speech-language pathologists are highly trained and specialize in gender affirming voice treatments.

Our providers also understand the distinctive needs of vocal professionals and are uniquely trained in caring for singers and vocal performers.

Our team is dedicated to providing respectful, inclusive, and evidence-based care.

### Collaborative Approach

We believe in a collaborative partnership with our clients, tailoring our treatment plans to your unique needs, goals, and timeline.

### Safe and Inclusive Environment

We create a safe and supportive space where you can explore and develop your authentic voice, free from judgment or discrimination. Many of our providers are Safe Zone in Medicine trained providers who receive regular training in LGBTQ+ identities and health care-related issues.

### Holistic Care

Our team understands the multifaceted nature of gender transition. We work closely with other healthcare providers, including endocrinologists, psychologists, and surgeons, to ensure a comprehensive approach to your care.

*Our gender affirming voice care services are currently offered to adults only.*

## Start Your Voice Journey Today!

Taking the first step towards achieving your authentic voice is empowering. With our treatments, individuals can gain a voice that better aligns with their internal sense of self, enhancing their overall gender identity affirmation as well as their social and personal experiences.

Some insurance plans will cover gender affirming care. Check with your insurance plan to determine your coverage or reach out to our financial services **336-716-3988** or toll free at **877-938-7497**

In partnership with AccessOne®, we also provide interest-free and low interest payment plans to help patients who may need support. For more information, go to: **Myaccessone.com/wfbh**

For more information about our billing and resources, go to:

**Wakehealth.edu/patient-and-family-resources**

## Appointments

To start your gender affirming voice care journey, contact our clinic today.

**336-716-4161**

**Atrium Health Wake Forest Baptist  
Voice and Swallowing Center**

131 Miller St.  
Winston-Salem, NC 27103

**WakeHealth.edu/Voice**



# Gender Affirming Voice Care

Empowering Your Voice Journey



## Comprehensive Care

At the Atrium Health Wake Forest Baptist Voice and Swallowing Center, we understand that voice is an essential part of one's gender identity and expression.

Our team of dedicated and compassionate laryngologists and speech-language pathologists are here to support transgender, gender-diverse, non-binary, and gender-nonconforming individuals on their gender affirming voice journeys.

At our center, we offer a comprehensive voice evaluation and various treatments for adult individuals including gender affirming voice therapy and gender affirming laryngeal (voice box) surgical procedures.

Our goal is to offer a safe space for you to develop a voice that aligns with your true self, empowering you to communicate authentically and confidently.

### What to Expect at Your Initial Visit

We are an interdisciplinary voice clinic, meaning individuals are evaluated by a laryngologist (an ENT doctor who specializes in voice problems) and a speech-language pathologist on the same day for a comprehensive one-stop evaluation.

During the voice evaluation, our team may examine your larynx (voice box) by inserting a very thin, flexible camera scope through your nose and into your throat. The camera allows us to capture a view of your vocal folds while you are speaking or singing.

During the exam, we will ask you to speak and make various sounds. Then, you will undergo an acoustic voice assessment with a speech-language pathologist. This allows us to further analyze and capture baseline recordings of your voice while you speak into a microphone.

Finally, your voice care team will review their findings and recommend possible treatment options while centering on your specific voice goals.

### What is Gender Affirming Voice Therapy?

Gender Affirming Voice Therapy is a specialized treatment program designed to assist individuals in developing a voice that feels comfortable and is congruent with their gender identity.

Our comprehensive therapy approach includes:

- **Individualized Treatment Plan**  
A customized therapy plan tailored to your specific needs, preferences, and goals
- **Voice and Resonance Training**  
Techniques and exercises to help you explore and develop a voice that reflects your gender identity
- **Pitch Modulation**  
Strategies to help you achieve a pitch range that feels right for you
- **Articulation and Prosody**  
Guidance in refining speech patterns, intonation, and rhythm to enhance communication
- **Vocal Health Education**  
Tips and strategies to maintain vocal health and prevent strain or injury



### What is Gender Affirming Laryngeal Surgery?

Gender affirming laryngeal (voice box) surgery is a surgical procedure aimed at helping to align a person's voice with their gender identity or to address the external appearance of the Adam's apple.

Surgical procedures are offered to help individuals who experience gender dysphoria and have not received satisfactory results during a comprehensive trial of voice therapy. The surgery involves shortening the length of the vocal cords or repositioning the vocal folds to achieve a voice that is perceived as more feminine.

Another surgical procedure involves shaving down the Adam's apple to achieve a more feminine external appearance. It is important to consult with a qualified medical professional experienced in transgender healthcare to explore the available options and determine the most suitable course of action for your specific needs.