

# Grabscheid Voice and Swallowing Center of Mount Sinai



**Mount  
Sinai**

*The Grabscheid Voice  
and Swallowing Center*



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5 East 98th Street, 8th Floor  
New York, NY 10029



## About Us



For more than thirty years, the Grabscheid Voice and Swallowing Center of Mount Sinai has been pioneering new ways to evaluate and manage voice and swallowing disorders. When the center was founded by Dr. Eugen Grabscheid in 1989, it was the first place in New York to treat performers experiencing problems with their voice. Since its inception, our team of highly trained experts has cared for thousands of singers, actors, and broadcasters as well as non-performers like teachers and lawyers that rely on speaking to communicate in both their professional and personal lives.

Voice and swallowing disorders can greatly impact your quality of life making it difficult to breathe, speak, and eat or drink normally. During your first visit, our specialists will conduct a comprehensive medical and behavioral evaluation and create an individualized treatment plan that best fits your needs and goals. We specialize in surgical and nonsurgical therapies, as well as behavioral interventions that target the health and functional use of the vocal cords for essential actions like speaking, singing, breathing, and swallowing.

The key to our Center's success is an interdisciplinary approach to care. Every patient is examined simultaneously by laryngologists, speech language pathologists, and teachers of vocal performance. We provide interdisciplinary evaluations when necessary as part of our partnerships with gastroenterology, pulmonology, neurology, and general surgery; and work closely with Mount Sinai's Center for Transgender Medicine and Surgery to provide specialty transgender voice care.

**The safety of our community is our highest priority; some images herein were taken prior to February 2020.**

## Specialty Care



### At the Grabscheid Voice and Swallowing Center, our patients have unparalleled access to:

- Superior medical, behavioral, and surgical management for all conditions involving the voice, swallowing, and airway.
- State-of-the-art diagnostic technology that can be performed in-office without general anesthesia.
- Leading minimally invasive surgical techniques.
- Advanced speech, language, and vocal therapy services.
- Highly specialized surgical and vocal therapy care for transgender and gender diverse patients.
- Interdisciplinary team evaluations that include laryngologists, speech language pathologists, and voice therapy experts.
- Convenient telemedicine appointments with all members of the voice and swallowing care team.
- Groundbreaking clinical trials and research projects as supported by the NIH and FDA.
- Close and coordinated partnerships with gastroenterology, pulmonology, radiology, and surgical pathology.

## Conditions We Treat



Specialists at the Grabscheid Voice and Swallowing Center treat the full spectrum of disorders related to the voice, swallowing, and airway. They are widely recognized for their extraordinary expertise treating the following:

### Performance/professional voice disorders

- Singing
- Acting

### Transgender and gender diverse voice modification

### Laryngeal hypersensitivity disorders

- Vocal cord dysfunction
- Chronic cough
- Paradoxical vocal fold motion
- Irritable larynx

### Benign vocal cord lesions

- Nodules
- Polyps
- Cysts
- Scars
- Recurrent respiratory papillomatosis

### Early laryngeal or voice box cancers/malignant neoplasms

- Leukoplakia
- Laryngeal dysplasia
- Early larynx cancer

### Vocal cord paralysis/neurologic injury to the larynx link

- Complete one-sided paralysis
- Bilateral paralysis
- Vocal fold paresis

### Neurological disorders affecting voice

- Spasmodic dysphonia
- Parkinson's disease
- Tremor affecting voice
- Motor neuron diseases
- Multiple system atrophy
- Progressive supranuclear palsy

### Dysphagia (swallowing disorders) due to:

- Head and neck cancer
- Neurological disorders
- Laryngopharyngeal reflux
- Foreign body sensations
- Cricopharyngeal achalasia
- Zenker's diverticulum
- Aging processes

### Dysphonia (hoarseness of the voice)

### Airway narrowing/stenosis

- Laryngeal stenosis
- Subglottic stenosis (idiopathic and acquired)
- Tracheal stenosis

### Voice disorders related to aging/presbyphonia

## Services

### Performance/Professional Voice Care

Our laryngologists recognize that your voice is an extraordinary gift that needs to be protected. As the first center in New York to provide vocal care for performers, we have an impressive history restoring and preserving vocal cord function. We help you understand what is happening with your voice and develop a treatment plan that may include medication, voice therapy, or surgery. Our dedicated vocologists have special training in voice rehabilitation and can help you reduce muscle tension patterns, heal properly after surgery, and continue to thrive upon returning to performance or work.



### Speech Language Therapy

Our speech language pathologists evaluate and treat patients across the lifespan from adolescents to geriatrics experiencing voice, airway, and swallowing difficulties. Whenever possible, our first line of treatment is always nonsurgical rehabilitation therapy with a detailed home therapy program. Our highly trained therapists use a variety of techniques to repair, maintain, and restore function including expiratory muscle strength training, neuromuscular electrical stimulation, and cognitive-behavioral therapy.

### Transgender Voice Care

We specialize in helping individuals at any point along their transition find the voice that uniquely fits their new identity. As one of the early pioneers in the field, our team has extensive experience evaluating and working with transgender patients to provide both behavioral and medical or surgical interventions, including tracheal shave surgery to reduce the size of the Adam's Apple and Wendler glottoplasty, an operation that raises vocal pitch. Our team works closely with Mount Sinai's Center for Transgender Medicine and Surgery as well as voice and speech therapists who specialize in helping individuals achieve a voice that is in line with their gender identity.



### Pediatric Voice Care

Voice-related conditions can have a significant impact on a child's growth and development. We recognize that the pediatric airway is a unique and delicate structure and have decades of experience diagnosing and managing problems that arise in childhood including swallowing difficulties, vocal cord paralysis, and muscle tension dysphonia.

## Diagnostics



There are many conditions that cause voice, swallowing, and breathing disorders, such as trauma, disease, or overuse. At the Grabscheid Voice and Swallowing Center, we use state-of-the-art technology to uncover the cause of your symptoms.

- **Fiberoptic Endoscopic Evaluation of Swallow (FEES)** is a diagnostic test that evaluates swallowing function. During the exam, a flexible, thin endoscope with a small camera is inserted through the nose to visualize the structures inside the neck and track their movements.
- **Static Endoscopic Evaluation of Swallowing (SEES)** is a quick, accurate, and comfortable swallowing assessment that can be used as an alternative to or in conjunction with FEES. Developed at Mount Sinai by Mark S. Courey, MD, the in-office test helps determine the necessity of the more invasive and expensive Modified Barium Swallow study.
- **Stroboscopy** is an instrument that uses a scope, light, and camera to examine the vocal folds. By syncing light flashes with the vibratory rate of the vocal folds, our clinicians can measure how the structures move and vibrate.

We also offer the following diagnostic tests:

- Auditory perceptual evaluation of voice
- Acoustic and aerodynamic measures of voice
- Laryngeal electromyography (EMG)
- Transnasal esophagoscopy (TNE)
- Clinical evaluation of swallowing
- Modified barium swallow (MBS) testing

## Nonsurgical and Surgical Treatments



- **Awake vocal fold injection:** for patients with vocal fold weakness, in-office injections can improve the quality of their voice and ability to swallow.
- **Vocal fold microsurgery:** in this minimally invasive surgical procedure, benign or malignant lesions of the vocal fold are dissected with a high magnification operating microscope.
- **Laryngeal framework surgery and arytenoid adduction:** performed in the operating room under local anesthesia and sedation, this open surgery is a permanent solution to vocal fold weakness.
- **Surgery for gender transition of voice:** in combination with speech therapy, we offer surgical solutions for voice feminization and masculinization.
- **Transoral laser microsurgery for resection of laryngeal cancers:** as an alternative to open surgery and radiation therapy, this laser can be inserted through the mouth to remove cancerous tissue.
- **Laser resection of laryngeal papilloma:** this surgical technique uses targeted beams to remove respiratory tract tumors.
- **Awake KTP ablation vocal fold lesions:** this highly specialized in-office laser procedure treats vascularized benign vocal fold lesions and precancerous conditions of the larynx.
- **Botulinum toxin injection (Botox):** this nerve-blocking injection relaxes the muscles and can be used in-office to treat conditions like spasmodic dysphonia, cricopharyngeal spasm, and oromandibular dystonia.
- **Endoscopic and open surgeries for laryngeal stenosis:** these minimally invasive and traditional surgical methods can be used to dilate the area of narrowing or resect the airway structures.

## Research



The Grabscheid Voice and Swallowing Center is internationally recognized for its advanced clinical treatments and innovative research. Our team continually challenges the boundaries of voice, swallowing, and upper airway care to forge new and minimally invasive treatment approaches, enhance education, and further clinical breakthroughs for these diverse disorders. Learn about some of the groundbreaking clinical trials our team is currently conducting or has recently completed.

### COVID-19 Voice and Swallowing Therapy and Complications

- *Telemedicine Outcomes in Speech Language Pathology during COVID-19* - evaluates patient satisfaction of speech therapy conducted through telemedicine during COVID-19.
- *Post-Intubation Complications* - explores limiting intubation tube size to mitigate post-intubation trauma and complications in both COVID-19 and non-COVID-19 patients.
- *Post COVID-19 Upper Airway Complications* - assesses the incidence of glottic stenosis, tracheal stenosis, and chronic cough post-COVID-19 infection.

### Innovation

- *3D Medialization Laryngoplasty* - uses information from CT scans to build model implants for medialization laryngoplasty.

### Laryngeal Cancer

- *Chondrosarcoma Series* - evaluates the efficacy of partial laryngeal surgery and laryngeal framework surgery in rebuilding the larynx.

## Outcomes in Laryngology

- *Simplification of Patient-Reported Outcomes Measures* - combines patient-reported outcome measures into a streamlined validated scoring system.
- *The Effects of Situational Variability on Patient-Reported Outcomes Measures* - assesses if situational variability has any effect on measures of patient-reported outcomes.
- *The Role of Behavioral Therapy in Prevention of Laryngeal Lesion Reformation* - validates the role of behavioral therapy in the management of these lesions.



## Transgender Studies

- *Long-Term Voice Outcomes* - compares the long-term effects of voice therapy and a combination of voice therapy and surgery on pitch elevation.
- *Effect of Wendler Glottoplasty on Acoustic Measures of Voice* - evaluates the effect of pitch-raising surgery on vocal quality.
- *Addition of Wendler Glottoplasty on Voice Therapy Improves Trans Female Voice Outcomes* - discovered that patients are more satisfied and achieve a higher average pitch when voice therapy and surgery are combined.

## Meet the Team



### **Mark S. Courey, MD**

*Professor and Chief of Laryngology,  
Director of the Grabscheid  
Voice and Swallowing Center  
of Mount Sinai*

As the first otolaryngologist in the country to complete formal fellowship training in laryngology,

Dr. Courey has been managing patients with voice and swallowing difficulties since 1992. He is internationally recognized for his leadership in developing laryngology as a subspecialty and has been instrumental in training more than 50 laryngologists worldwide. In addition to pioneering the modern techniques of laryngeal microsurgery, Dr. Courey is known for his promotion of the interdisciplinary team management of patients.



### **Diana N. Kirke, MD, MPhil**

*Assistant Professor of  
Otolaryngology-Head and Neck  
Surgery, Laryngologist, Head  
and Neck Surgeon, Director of  
Research, Division of Laryngology*

Dr. Kirke specializes in the treatment of airway, voice, and

swallowing disorders. After completing her otolaryngology residency at the Royal Australasian College of Surgeons in Australia, she came to the U.S. to complete a postdoctoral research fellowship and masters in neurology at the Icahn School of Medicine at Mount Sinai. Her extensive training includes a Head and Neck Microvascular Fellowship at Boston University, and a Laryngology Fellowship at both the New York Center for Voice and Swallowing Disorders and the Sean Parker Institute for the Voice.



### **Matthew C. Mori, MD**

*Assistant Professor of  
Otolaryngology-Head and Neck  
Surgery, Laryngologist*

Dr. Mori has the unique experience of being both a professional singer and a physician. He has performed in the San Francisco Symphony

Chorus and the Vancouver Opera Chorus. After receiving his medical degree from Stanford University, he completed a residency at Harvard University in the combined Otolaryngology-Head and Neck Surgery program. During his fellowship in Laryngology and Care of the Professional Voice at the Vanderbilt Voice Center in Nashville, he trained with several preeminent leaders in the field.



### **Leanne Goldberg, MS, CCC-SLP**

*Director of Speech Language  
Pathology, Speech Language  
Pathologist and Clinical Specialist*

Ms. Goldberg is an experienced clinician who specializes in evaluation and treatment of voice,

swallowing, and upper airway disorders. She earned her MS at Columbia University in 2005 and completed her fellowship at Mount Sinai. In 2013, she joined the Grabscheid Voice and Swallowing Center, where she works extensively with performers, professional voice users, transgender and gender diverse individuals. She is a recognized leader in managing swallowing disorders, and has developed a novel behavioral based program to treat chronic cough, yielding successful outcomes after a few visits. Finally, her passion for mentoring others resulted in initiating a competitive clinical fellowship program.

## Speech- Language Pathology Team



### **Sarah Brown, MS, CCC-SLP**

Speech-Language Pathologist  
Mount Sinai Doctors Faculty Practice

### **Devon Clark, MS CCC-SLP**

Bilingual Speech Language Pathologist  
Mount Sinai Doctors East 85th Street

### **Amanda Hembree MA CCC SLP**

Speech-Language Pathologist  
Mount Sinai West

### **Karen Keung-Chan, MS CCC-SLP**

Senior Bilingual Speech Language Pathologist  
New York Eye and Ear Infirmary of Mount Sinai

### **Tamar Kotz, MS CCC-SLP**

Head and Neck Cancer Speech Pathologist  
The Mount Sinai Hospital

### **Vera Leyko, MS, CCC-SLP**

Senior Bilingual Speech Language Pathologist  
New York Eye and Ear Infirmary of Mount Sinai

### **Sarah Sietsema, MS, CCC-SLP**

Senior Bilingual Speech Language Pathologist  
New York Eye and Ear Infirmary of Mount Sinai

## How to Reach Us



**Mount Sinai** *The Grabscheid Voice and Swallowing Center*



### **Make a Donation:**

Natasha McCabe  
Senior Director of Development  
**646.605.8821**  
[natasha.mccabe@mountsinai.org](mailto:natasha.mccabe@mountsinai.org)  
<http://giving.mountsinai.org/voicecenter>

## Grabscheid Voice and Swallowing Center of Mount Sinai

### **Make an Appointment:**

#### **Mount Sinai Doctors Faculty Practice**

5 East 98th Street, 8th Floor  
New York, NY 10029

**212-241-9425**

[ENTpatientservices@mountsinai.org](mailto:ENTpatientservices@mountsinai.org)

#### **Mount Sinai Doctors East 85th Street**

234 East 85th Street, 4th Floor  
New York, NY 10028

**212-241-9410**

#### **The Mount Sinai Hospital**

1470 Madison Avenue  
New York, NY 10029

**212-241-9410**

#### **Mount Sinai West**

425 West 59th Street, 10th Floor  
(at 10th Avenue)  
New York, NY 10019

**212-262-4444**

#### **New York Eye and Ear Infirmary of Mount Sinai**

310 East 14th Street, 6th Floor, North Building  
New York, NY 10003

**212-979-4200**

Office hours: Monday – Friday, 8am - 5pm

### **Request a Video Visit:**

[ENTtelemedicine@mountsinai.org](mailto:ENTtelemedicine@mountsinai.org)

### **Learn more:**

[www.mountsinai.org/voicecenter](http://www.mountsinai.org/voicecenter)

### **For Physicians Make a Referral:**

Physician Access Services

**800-TO-SINAI** (800-867-4624)

[access@mountsinai.org](mailto:access@mountsinai.org)