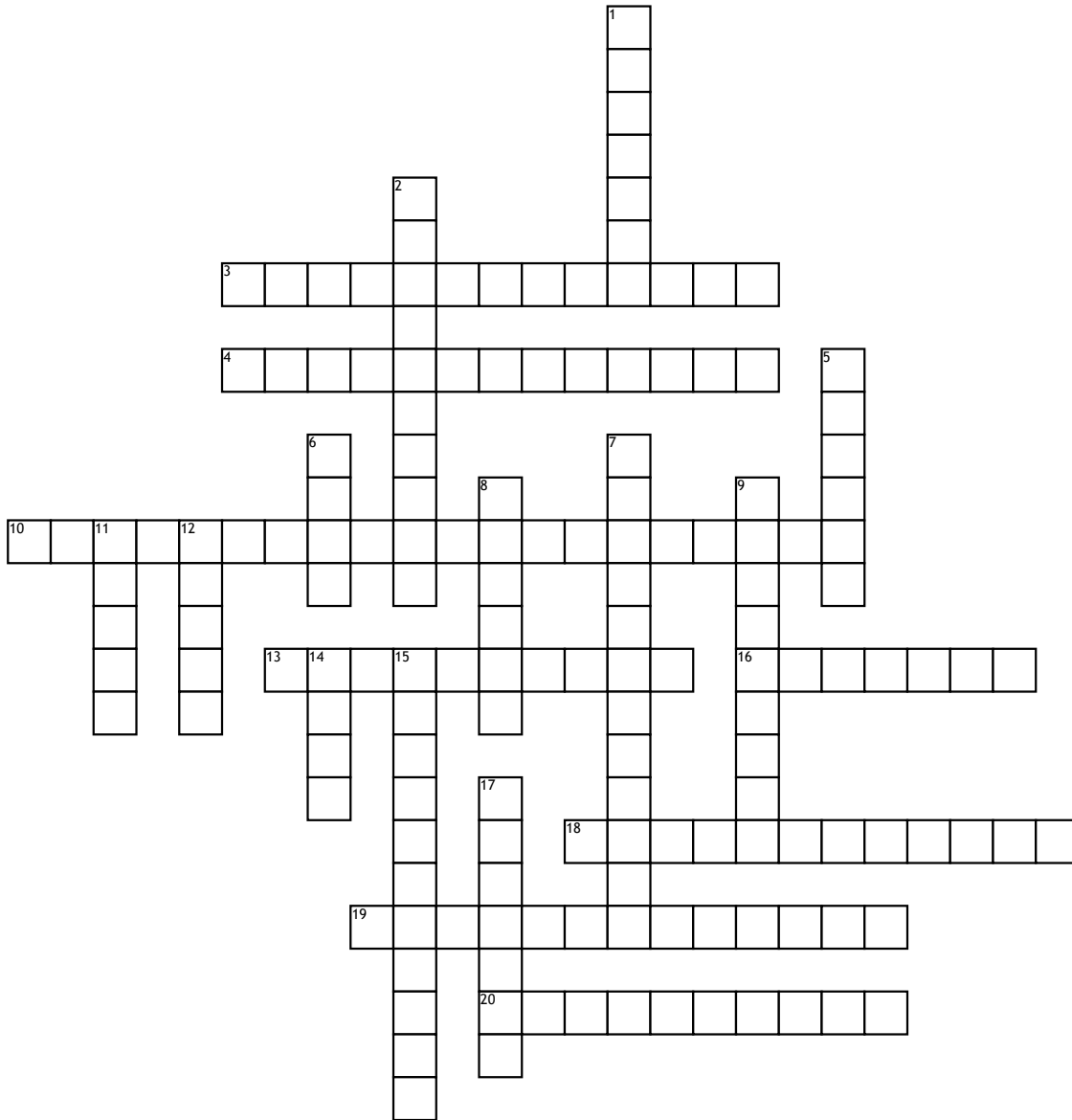


# Vocal Cord Dysfunction



## Across

3. the main treatment for VCD, in which patients learn breathing exercises and throat muscle relaxation techniques  
 4. the amount of oxygen taken into or out of the lungs while breathing that is measured during a Spirometry test  
 10. a disorder that causes vibration or complete closure of the vocal folds while breathing  
 13. a breathing test that measures airflow volume in both directions  
 16. a nervous disorder that causes panic attacks and can contribute to the development of VCD  
 18. a small camera connected to a flexible tube that goes through the nose to show vocal cord activity

19. treatment for mental disorders that could also help VCD patients control stress or anxiety

20. a flap of cartilage that covers the opening of the trachea during swallowing

## Down

1. anything that causes a VCD attack  
 2. tissue folds at the top of the trachea that vibrate to produce voice  
 5. the muscular, air passage that forms the voice box and holds the vocal cords  
 6. disorder that causes stomach acid to irritate the throat region  
 7. anything that could affect lung activity (such as strong odors or tobacco smoke) and/or cause a VCD attack  
 8. a disorder that VCD is often mistaken for, that narrows the airways and produces extra mucus

9. the rapid, trembling movement that vocal cords undergo during a VCD attack  
 11. a common reflex action that clears the throat of mucus or other irritants and is also a major symptom of VCD  
 12. a pair of organs into which air is drawn for oxygen to enter the bloodstream and carbon dioxide to be removed  
 14. a mental health disorder induced by traumatic experiences that can contribute to the development of VCD  
 15. what the National Institutes of Health classify disorders as if less than 200,000 people in the US have been diagnosed  
 17. a large tube that brings air to and from the lungs and is also called the windpipe