

Occupational diseases of the Opera singer: Connection and therapy through the breathing technique

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Abstract: *This article addresses both professional singers in the midst of their career and those who study the art of singing and prepare themselves for this path in life. I bring to the attention and awareness that a minor disorder of the phonatory apparatus, if ignored and not treated on time, can sometimes lead to irreversible damage. Therefore, I stress the importance of a phonatory physician and voice therapy prevention that should be maintained through the entire career of a professional singer, mentioning the main factors that lead to the occurrence of these disorders and the connection of healing through conscious breathing.*

Key-words: *conscious breathing, voice therapy, opera singer, stress, dysphonia.*

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