LARYNX

To speak in a high pitch:
Cricoid cartilage moves in sagittal plane
This moves the attached arytenoid cartilages posteriorly
This stretches the vocal folds

HEART VALVES

The atrioventricular (AV) valves prevent blood from flowing backward into the atria when the ventricles contract.

Vein (vena cava or pulmonary vein)
ARTRERY (Aorta or pulmonary trunk)

The valve opens when the atrium contracts, allowing blood to flow into the ventricle.

Some times, the high pressure flips the valve backwards.
The valve is prolapsed (everted) and leaks blood into the atrium.
The chordae tendineae and papillary muscles pull on the valve from below to make this less likely.