

What causes nasal airway obstruction?

A slight narrowing of the nasal passage can lead to significant reduction in airflow.^{5,6,7} Anatomic causes of nasal airway obstruction include:

- **Septal deviation**
The cartilage wall between the nostrils can bend and block the nasal passage.
- **Turbinate hypertrophy**
Ridges of bone and tissue inside the nose can limit airflow when enlarged.
- **Nasal valve collapse (NVC)**
Weak or excessively flexible upper/lower cartilage in the outer nasal wall may cause it to collapse inward when a person inhales.

Is my lateral wall contributing to my nasal airway obstruction?

If your symptoms improve using a simple breathing test called the Cottle Maneuver or use of nasal strips during normal activity and sleep, you may benefit from LATERA.



Does your breathing improve when you pull on your cheek to hold your nostril to the side?

If yes, talk to your doctor about options to support your lateral nasal cartilage, which may include the LATERA implant.

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- 1 Value calculated based on 2014 US population estimate from US Census and World Bank data in conjunction with incidence numbers cited in Stewart et al. Epidemiology and burden of nasal congestion. Intl J Gen Med 2010; 2010:3 37-45.
- 2 Crawford-Brown, Theoretical and Mathematical Foundations of Human Health Risk Analysis; 1997, Page 103.
- 3 Rhee et al., Nasal Valve Surgery Improves Disease-Specific Quality of Life. Laryngoscope 115: March 2005.
- 4 Nasal Obstruction Symptom Evaluation (NOSE) survey is a quality of life survey supported by the AAO Consensus Statement. Otolaryngology-Head and Neck Surgery: 162 STEWART et al. February 2004.
- 5 Wever, The Nasal Airway: A Critical Review; Facial Plast Surg 2016;32:17-21.
- 6 Camacho et al., The Effect of Nasal Surgery on Continuous Positive Airway Pressure Device Use and Therapeutic Treatment Pressures: A Systematic Review and Meta-Analysis; SLEEP, Vol. 38, No. 2, 2015.
- 7 Lin et al., Nasal Aerodynamics. May 14, 2015.
- 8 San Nicolo, et. al., 2017. Absorbable Implant to Treat Nasal Valve Collapse. Facial Plast Surg, 32:233-240.
- 9 Data on file TR21076. Individual patient results may vary and may include other procedures. Use of the LATERA device in conjunction with other procedures (such as septoplasty and/or turbinate reduction) has not been clinically evaluated. Patient satisfaction results may be attributed to LATERA with other procedures.

Indications for Use: The LATERA absorbable nasal implant is indicated for supporting upper and lower lateral nasal cartilage.

Caution: Rx only.

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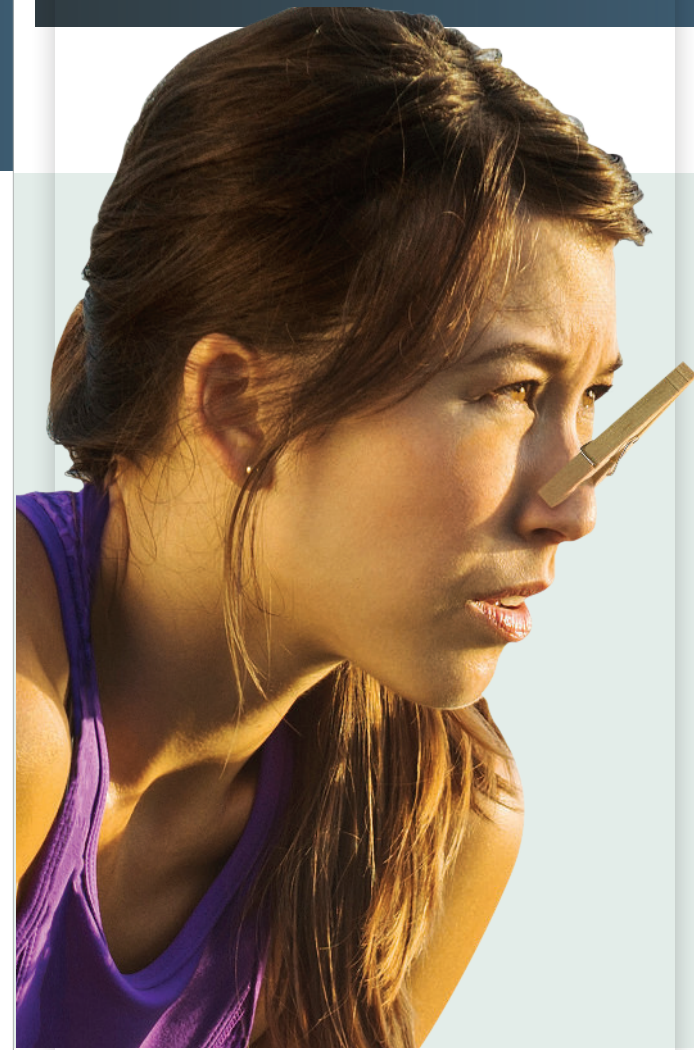
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LATERA nasal implant

This doesn't have
to be your normal



Jennifer | Nasal valve collapse sufferer

stryker

What is nasal airway obstruction?

Nasal Airway Obstruction (NAO) is a condition in which the nasal passages are blocked and prevent a normal or comfortable amount of air from passing through the nose. **NAO affects more than 20 million Americans¹** and can occur because of a structural abnormality in the nose or because of inflammation and swelling of the nasal passages. With nasal breathing delivering approximately 70% of airflow to the lungs,² any blockage that limits airflow can cause significant quality-of-life consequences.³

Is my quality of life affected by nasal airway obstruction?

A Nasal Obstruction Symptom Evaluation (NOSE) survey⁴ is an assessment tool to capture how your breathing symptoms are affecting your quality of life.

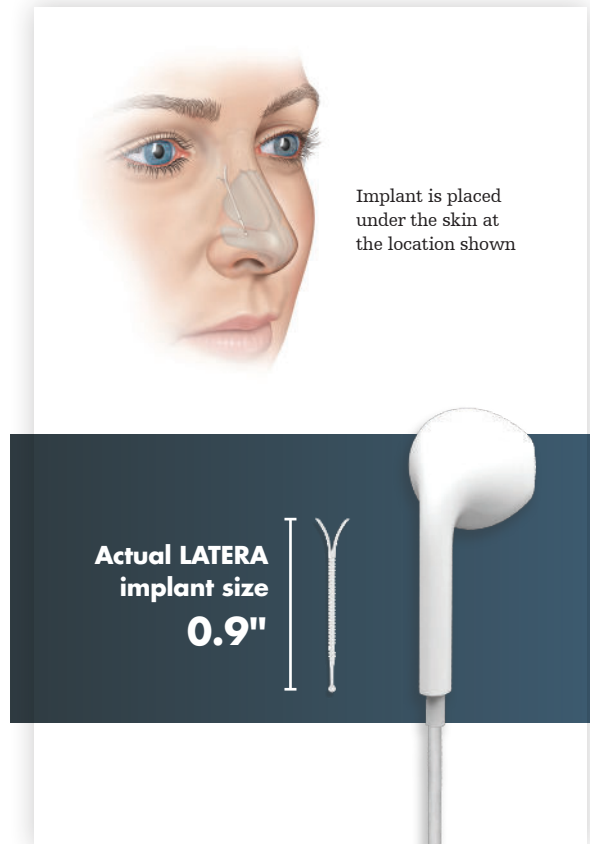
Do you have the following symptoms?

LATERA implant patients experienced the following improvements as measured by the NOSE survey:^{4,8}

- Nasal congestion or stuffiness
- Nasal blockage or obstruction
- Trouble breathing through your nose
- Trouble sleeping
- Unable to get enough air through your nose during exercise or exertion

How does the LATERA implant work?

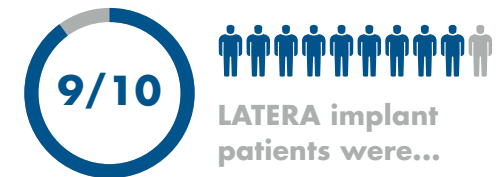
The LATERA absorbable nasal implant supports upper and lower lateral cartilage in your nose. It is placed inside the lateral (side) wall to support the cartilage, reducing nasal airway obstruction symptoms and helping you breathe better.^{4,8}



What have patients experienced with LATERA?

LATERA implant patients experienced the following improvements as measured by the NOSE Survey:^{4,8}

- Reduced nasal congestion or stuffiness
- Less trouble breathing through the nose
- Improved ability to get enough air through the nose during exercise or exertion
- Reduced nasal blockage or obstruction
- Less trouble sleeping



- ✓ Satisfied with the procedure⁹
- ✓ Satisfied with their breathing after the procedure⁹
- ✓ Satisfied with their appearance after the procedure⁹

Risks include temporary symptoms such as mild bruising and inflammation, awareness of the implant, and mild pain or irritation. Other risks related to the LATERA implant include discomfort, infection, reaction to material and device retrieval

Will my appearance change?

LATERA implant patients experienced minimal risk of long-term cosmetic changes.⁸

Complete the NOSE survey on [LATERA.com](https://www.latera.com) and receive your personalized results

Talk to your doctor to find out if the LATERA implant could be right for you

Visit [LATERA.com](https://www.latera.com) to see before and after photos