

Symptom survey

Is my quality of life affected by nasal airway obstruction?

A Nasal Obstruction Symptom Evaluation (NOSE) survey[®] is an assessment tool that can help you understand how your breathing symptoms are affecting your quality of life. NOSE is a simple, five-question, validated survey that uses a 20-point scale to capture breathing symptoms, with higher scores indicating more severe symptoms than lower scores.

Over the past one month, how much of a problem were the following conditions for you? Please circle the most correct response for each category.

Not a problem	Very mild problem	Moderate problem	Fairly bad problem	Severe problem		
0	1	2	3	4		
Nasal congestion or stuffiness		0	1	2	3	4
Nasal blockage or obstruction		0	1	2	3	4
Trouble breathing through my nose		0	1	2	3	4
Trouble sleeping		0	1	2	3	4
Unable to get enough air through my nose during exercise or exertion		0	1	2	3	4
Total x5						

Experience what it's like to breathe easier

Visit [LATERA.com](#) to watch patient testimonial videos



1. San Nicolo, M. et al., 2017. Absorbable implant to treat nasal valve collapse. Facial Plast Surg. 2017; 32:233-240.

2. Wever, The Nasal Airway: A Critical Review; Facial Plast Surg 2016;32:17–21.

3. 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.

4. Lin et al., Nasal Aerodynamics. May 14, 2015.

5. 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.

6. Crawford-Brown, Theoretical and Mathematical Foundations of Human Health Risk Analysis; 1997, page 103.

7. Rhee et al., Nasal Valve Surgery Improves Disease-Specific Quality of Life. Laryngoscope 115: March 2005.

8. 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.

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.

* With proper procedural technique and patient adherence to post-op instructions, patients can achieve positive results with minimal risk of cosmetic changes.

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

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 included discomfort, infection, reaction to material, and surgical removal of the device. To find out more about nasal obstruction, see the well-presented overviews by the experts at the American Academy of Otolaryngology— Head and Neck Surgery and the American Rhinologic Society.

The information presented is for educational purposes only. Stryker is not dispensing medical advice. Please speak to your doctor to decide what course of treatment is right for you. Only your doctor can make the medical judgment regarding which products and treatment is right for you. Any medical procedure carries certain risks and your doctor will explain all possible complications and/or side effects.

Stryker or its affiliated entities own, use, or have applied for the following trademarks or service marks: LATERA and Stryker. All other trademarks are trademarks of their respective owners or holders.

The absence of a product, feature, or service name, or logo from this list does not constitute a waiver of Stryker’s trademark or other intellectual property rights concerning that name or logo.

Stryker ENT | 3600 Holly Lane North, Suite 40 | Plymouth, MN 55447
O 866 620 7615 | F 763 463 1599
4532-010 rB 01/2022 | Copyright © 2022 Stryker

LATERA.com

Nasal airway obstruction

This **doesn't** have to be your normal



Experience what it's like to breathe easier.

The LATERA implant provides predictable outcomes and proven results.¹



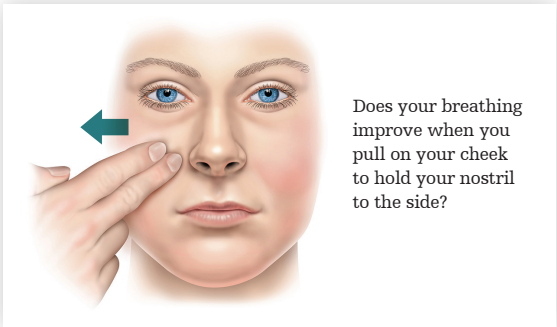
What causes nasal airway obstruction?

A slight narrowing of the nasal passage can lead to significant reduction in airflow.^{2,3,4} 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 the LATERA implant.



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

Share your results with your physician

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 Americans⁵** 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,⁶ any blockage that limits airflow can cause significant quality-of-life consequences.⁷

Do you have the following symptoms?

- 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

Is my quality of life affected by nasal airway obstruction?

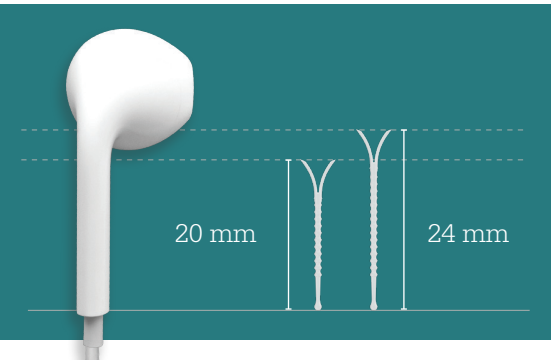
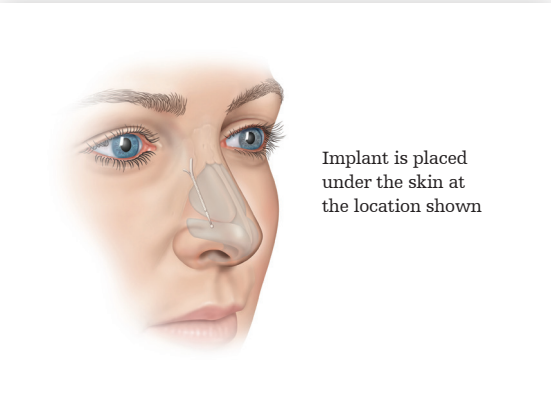
A Nasal Obstruction Symptom Evaluation (NOSE) survey⁸ is an assessment tool to capture how your breathing symptoms are affecting your quality of life.

Complete the attached NOSE survey and share your results with your physician

The procedure and
what you can expect

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.^{1,8}



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

What can I expect with the LATERA implant?

Most LATERA implant patients experienced the following improvements as measured by the NOSE survey.^{1,8}

- 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 surgical removal of the device.

Will my appearance change?

LATERA implant patients experienced minimal risk of long-term cosmetic changes.¹

Visit LATERA.com to see before and after photos



- Visit LATERA.com to:
- see before and after photos
 - watch patient testimonial videos
 - learn more about the anatomical contributors of NAO
 - complete the NOSE survey and receive your personalized results

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