

**Coughing more  
than you need to?**



# Stop the cycle of coughing and improve your lung health

Coughing and excess mucus is a challenge even if you're used to using HMEs. It can make everyday activities difficult and disrupt your progress in life.

But there is a way to reduce coughing: by wearing high-performance HMEs both night and day. Research shows that after only 2 weeks of constant HME use, coughing and mucus decrease.

Provox® Life™ is a complete solution that works together to improve your lung health. The solution consists of:

- **A choice of high performing HMEs that ensure the right balance between humidification and breathability.**
- **Six interchangeable HMEs that mimic the function of your upper airways and cover your needs for every occasion.**
- **Newly designed adhesives with improved materials and new SecureFit™ coupling which provides you with comfort and confidence.**

## Improve your lung health

By using a variety of innovative HMEs that optimise humidification both day and night

## Quality of Life

### Reduced coughing

Less mucus results in less coughing affording you better days and nights

### Reduction of mucus

24/7 HME use reduces mucus and improves lung health







## Better lung health whether you're at Home



- 9% higher humidification compared to Provox® XtraMoist™
- 14% higher breathability compared to Provox® XtraMoist™



Provox Life™ Home HME is designed to improve your lung health when you are taking it easy at home. Like all Provox Life™ HMEs, it features a wider-than-standard diameter which optimises humidification and breathability for healthier lungs.

In addition, Provox Life™ Home HME has the highest humidification level of the daytime HMEs, for your at-home activities that don't require deep breathing, helping you improve your lung health throughout the day.

## ... or on the Go



- 6% higher humidification compared to Provox® XtraFlow™
- 25% higher breathability compared to Provox® XtraFlow™



Provox Life™ Go HME provides lower breathing resistance, helping make it easier to breathe when you are out and about and engaging in daily activities. This HME has a low profile and a smooth rounded form for a more discreet look.

The wider-than-standard diameter and less dense foam has enabled optimised breathability while still providing good humidification – helping you maintain good lung health, when out and about.

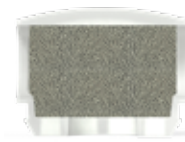




## Rest assured at Night



- 14% higher humidification compared to Provox® Luna™



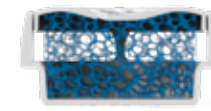
Now compatible  
across the whole  
range of Provox Life™  
adhesives

Provox Life™ Night HME helps reduce coughing for more restful nights. It offers high humidification which helps reduce mucus production and coughing, allowing you to rest while improving lung health. The new range of accompanying adhesives have improved materials for better skin comfort so you can rest assured.

## Great breathability with Energy



- 63% higher breathability compared to Provox® XtraFlow™



Provox Life™ Energy HME is an HME that has good humidification and low breathing resistance, which is perfect for when you are physically active. So now you can choose your HME to suit more active situations and get more out of life after a laryngectomy.





# Interchangeable HMEs for day and night ...

The redesigned and improved HMEs optimise humidification in different situations and improve breathing performance. These high performance HMEs can be used and interchanged from day to night, according to your different activities and situations.

Using the right HME for the right situation 24/7 will help optimise your lung health.



# ... whatever you do



**Provox Life™ Protect HME**

- 21% higher breathability compared to Provox® Micron™



When you are away from home and need extra protection, e.g. travelling on buses, trains or airplanes; or when shopping or spending time outdoors, Provox Life™ Protect HME has a comfortable breathing resistance that not only warms and humidifies the air you breathe. It also effectively filters bacteria, viruses, dust, and pollen. Since you breathe through your neck stoma, it is important to protect your airway upon inhalation, as well as protect the people around you during exhalation.



**Provox Life™ FreeHands HME**

- 3-7% higher humidification compared to Provox® FreeHands™ Moist and Flow
- 20-26% higher breathability compared to Provox® FreeHands™ Moist and Flow



Designed to allow hands-free speech in an easy-to-use device, FreeHands Flexivoice™ will let you do everyday activities such as driving and cooking, while talking hands-free. Combined with the Provox Life™ FreeHands HME, you will experience optimised humidification of the air you breathe.

# “A little bit of stubbornness goes a long way”

“It was my birthday on May 20th in 2014 when I was told that I would be operated on a few days later. I was told that I would lose my voice, and I instantly replied, ‘no thanks’. I always used to talk a lot. Fortunately, I brought my sons with me, who convinced me that life is worth living even if I would not get my old voice back.

The surgery changed my life considerably. Before, I travelled a lot. Now I don’t travel that much anymore. I also can’t go swimming which bothers me since I live close to the sea. I walk into the water, but I can’t swim. If I go too far, I get a scolding from my neighbours who keep an eye on me.

I decline invitations to big parties. I find it frustrating to be in crowded, noisy areas and no one can hear me. It’s the same with restaurants. First of all, I can’t taste 100% but also because I can’t talk while eating. So, I’d rather just drink a beer.

Despite this, I chose to make the most of life. My beloved husband passed away in 2008 but my friends are still there for me, and I am still my grandchildren’s’ grandmother. I also get a lot of help. Sometimes I wonder what the products were like 25 years ago. There were also people then who were operated on. We are privileged today to be able to get hands-free products, for example.

Recently I have tested the new Provox Life products, and I have been very impressed, especially with the Home and Go HMEs. I found it so easy to breathe with Home that sometimes I forgot to change it. I used the Go HME when walking, and I could not notice any resistance, which was nice.

For others going through this, my advice is to take it easy, because you get better and better, day by day. You will find that you can do much more than you think you can. You can tackle major changes in your life. A little stubbornness goes a long way.”

Hanne Jensen is 73 years widower, who loves her children, grandchildren, nature and walks

She had her operation on May 26th 2014.



## High performance adhesives ...

The innovative clover-shaped adhesives are designed from high-performance materials to suit different skin types and stoma contours, providing you with a personalised solution.

Provox Life adhesives incorporate a soft, low profile coupling featuring the patented SecureFit™ technology. SecureFit™ gives an audible click to confirm that your HME is securely in place while the reinforced coupling provides a secure fit between your HME and the adhesive, while also being easy to remove.

- **Redesigned clover-shape for comfort and a good fit.**
- **New coupling with SecureFit™ technology for better security and compatibility with all Provox Life™ HMEs for simplified changing.**



## ... for comfort and a better fit

### Provox Life™ Standard Adhesive

Standard is an everyday adhesive that provides a strong seal around your stoma. A soft, flexible and low-profile adhesive that forms a strong seal and provides a secure fit.







## Minimise skin irritation with Sensitive

### Provox Life™ Sensitive Adhesive

Sensitive is a gentle everyday adhesive for sensitive skin. A comfortable, gentle and low-profile adhesive that forms a good seal and provides a secure fit.



## An adhesive for all stoma types and situations

### Provox Life™ Stability Adhesive

Stability is a firm everyday adhesive that provides solidity, especially if your stoma is deep. It is an ideal adhesive for those who speak frequently or speak hands-free.



### Provox Life™ Night Adhesive

Night adhesive allows your skin to recover while you sleep. A skin-friendly hydrogel adhesive that soothes and cools the skin.





# Provox Life™





















## Full Range Overview

### Breathing: HMEs, FreeHands & Accessory

Icon	Product Name	REF	Product description	Quantity	Product	Blister / Bag	Box
	Provox Life™ Home HME	8311	Home HME is designed to improve your lung health when you are taking it easy.	30			
	Provox Life™ Go HME	8310	Go HME helps make it easier to breathe when you are out and about or engaged in your daily activities.	30			
	Provox Life™ Night HME	8262	Night HME helps reduce coughing for more restful nights.	30			
	Provox Life™ Protect HME	8313	Protect HME not only heats and humidifies the air you breathe, but is also an effective bacteria, viruses, dust and pollen filter.	15			
	Provox Life™ Energy HME	8312	Energy HME provides low breathing resistance when you are physically active.	30			
	Provox Life™ FreeHands HME	7440	Provox FreeHands HME offers both the freedom to speak hands-free and with finger occlusion. To be combined with Provox FreeHands FlexiVoice.	30			
	Provox Life™ Shower	8308	Protects the stoma from water when showering.	1			

\*Please note that the Provox Life Protect filtration capacity may vary depending on the size, shape and speed of airborne particles.

### Breathing: Attachments

Icon	Product Name	REF	Product description	Quantity	Product	Blister / Bag	Box
	Provox Life™ Standard Adhesive Round Oval Plus	7460 7461 7462	Standard is an everyday adhesive that provides a strong seal around your stoma.	30			
	Provox Life™ Sensitive Adhesive Round Oval Plus	7463 7464 7466	Sensitive is a gentle everyday adhesive for sensitive skin.	30			
	Provox Life™ Night Adhesive	8261	Night adhesive allows your skin to recover while you sleep.	15			
	Provox Life™ Stability Adhesive	8263	Stability is a firm everyday adhesive that provides solidity, especially if a stoma is deep.	15			
	Provox Life™ LaryTube Standard  Standard with Ring  Fenestrated  Fenestrated with Ring	7409- 7420 7421- 7428 7429- 7436 8048- 8055	For maintaining the opening of the tracheostoma. Available in Standard, Standard with Ring, Fenestrated and Fenestrated with Ring. The ring models are to be secured with Provox Life Adhesives and the other models with Provox LaryClips or Provox TubeHolder.	1			






**“With the new range of HMEs, I managed to half the number of times I have coughing episodes, which is a blessing.”**

– Joakim, Sweden





Atos Medical was born out of a desire to make life easier for people living with a neck stoma. Since our foundation in 1986, we have truly cemented ourselves as the world leader in Laryngectomy care.

Today, Atos Medical continues to serve the needs of more than 100,000 people with a neck stoma globally. We want to remain at the forefront and we know this involves more than first-rate product development, which is why clinical research and education of both professionals and patients are integral parts of our business.

**Atos**

Breathing-Speaking-Living  
atosmedical.com

UK office:

Atos Medical UK, Cartwright House, Riverside Business Park, Tottle Road, Nottingham, NG2 1RT  
Tel: 01157 841 899, Email: [info.uk@atosmedical.com](mailto:info.uk@atosmedical.com), Web: [www.atosmedical.co.uk](http://www.atosmedical.co.uk)

Manufacturer:

Atos Medical AB, Kraftgatan 8, P.O. Box 183, SE-242 22 Horby, Sweden  
Tel: +46 (0) 415 198 00, Email: [info@atosmedical.com](mailto:info@atosmedical.com)