

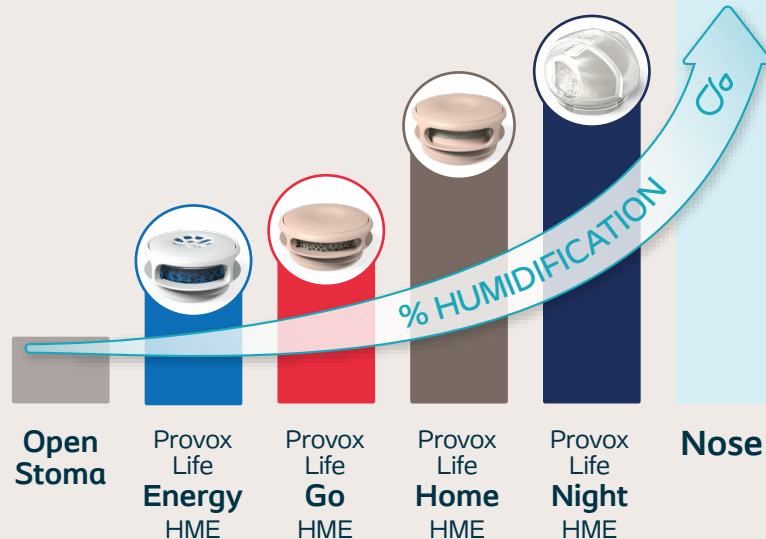
Each Provox Life HME offers a balance between **humidification** (how much moisture it provides) and **breathability** (how freely the air flows).

When wearing an HME (heat and moisture exchanger), humidification and warmth is provided to the air you breathe in – like your nose did before surgery.

Think of the HME as your new nose, providing the benefits of conditioned air for better lung health with less coughing and less mucus.



HME Humidification

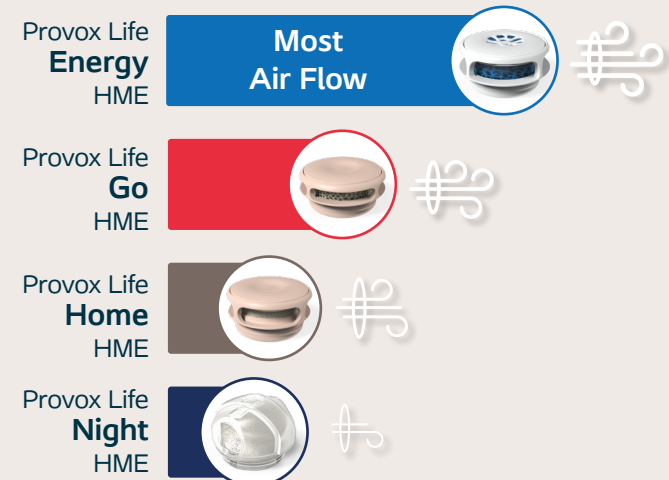


HMEs with higher humidification may feel a bit different to breathe through compared to lighter HMEs, but both are designed to support comfortable, healthy breathing.

What this means to you:

Use the HME that has the **highest humidification** while still **allowing you to breathe comfortably** when enjoying activities.

HME Breathability



Provox Life provides a range of HME options allowing you to choose the HME that is best for your activity or situation – so you can wear an HME 24 hours a day, 7 days a week.

What this means to you:

As your **activity increases** and you **breathe more heavily**, you may need to **choose a lower resistance HME** for maximum breathability while still conditioning the air you breathe in.

How to choose an HME for your day

Clinical studies show that consistent optimal HME use – meaning using the HME with the highest humidification for the situation – day and night, improves pulmonary health and sleep.

Example Day:

- You will be spending your morning at home working around the house. Start your day with **Home**.
- In the afternoon, you have plans to visit a friend in the hospital, so switch to **Protect** for that visit.

Work around the house



Consider **Home** HME for better humidification.



Home provides the best humidification with comfortable breathing for daytime use.

Run errands



Consider **Go** HME for more breathability.



Go helps make it easier to breathe when you are engaged in daily activities.

Situational Use

Exercise



Consider **Energy** HME for more breathability.



Energy has extra openings and a less dense foam to allow air to easily pass through when breathing heavily while exercising.

Work in the yard



Consider **Protect** HME for more filtration.



Protect is intended for painting, wood working, high pollen days, and traveling/crowded places.

Sleep



Consider **Night** HME for the best humidification.



Night offers excellent humidification for improved lung health and helps reduce coughing for more restful sleep.



Do not rinse the HME in water or any liquid. Doing so reduces function and can increase bacteria growth.



It may take up to two weeks to acclimate to using an HME for the first time. You may notice more mucus at first.



An HME should be used for no longer than 24 hours. Be sure to replace it if it becomes clogged with mucus or shows signs of wear.

Establish a Day and Night Routine



Home HME is a good choice for your daytime activities, because it has the highest humidification of the daytime HMEs while still allowing for comfortable breathing.



Switching to Night HME at bedtime helps reduce coughing and mucus production for more restful nights. **Night** offers the best humidification for improved lung health.

Most people who **consistently** use an HME **day and night** experience **fewer problems** with coughing and mucus production.*

Watch what Joe says about the benefits of his day/night HME routine.

www.atosmedical.us/videos/patient-ambassador-day-night-experience



*References

Ward EC, Hancock K, Boxall J, Burns CL, Spurgin AL, Lehn B, Hoey J, Robinson R, Coleman A. Post-laryngectomy pulmonary and related symptom changes following adoption of an optimal day-and-night heat and moisture exchanger (HME) regimen. *Head Neck*. 2023 Apr;45(4):939-951. doi: 10.1002/hed.27323. Epub 2023 Feb 20. PMID: 36808179.

Parrilla et al. Pulmonary Rehabilitation after Total Laryngectomy. *Annals of Otolaryngology & Laryngology* 2015

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