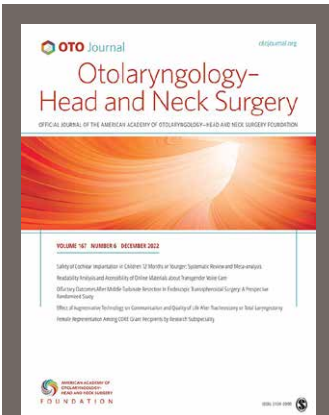


## Researchers compared Provox® Life™ to Provox® products What does this mean to you?

Clinical research studies provide us with a better understanding of how you use our products, how well they are working and how to improve them.



### REFERENCE:

Longobardi Y, Galli J, Di Cesare T, D'Alatri L, Settini S, Mele D, Bussu F, Parrilla C.

### Optimization of pulmonary outcomes after total laryngectomy:

### Crossover study on new Heat and Moisture Exchangers.

Otolaryngol Head Neck Surg. 2022

The objective of this study was to evaluate the effect of the use of new Provox® Life™ heat and moisture exchangers (HMEs) on:

- quality of life
- lung health, coughing and mucus
- using HMEs
- skin health
- patient satisfaction

Here is what the researchers found.

**The study showed:** Use of Provox Life HMEs significantly reduced coughing to clear mucus. The researchers found that the number of coughs to clear mucus was reduced by one third.

**Why is this important to you?** When using Provox Life, coughing and mucus has less negative impact on daily life.

**The study showed:** When using Provox Life, patients were able to use adhesives and HMEs more than 20 hours a day.

**Why is this important to you?** We know there is a link between using an HME all day & all night and good lung health. Researchers found that when using Provox Life, patients were able to use an HME for more hours per day and get closer to the ideal of wearing an HME 24/7.

**The study showed:** Patients reported less shortness of breath with a 26% reduction in the number of days patients removed the HME to catch their breath. Patients also experienced less skin irritation when using Provox Life products. See "study" on page 2

“Study” continued from page 1

**Why is this important to you?** Shortness of breath and skin irritation can stop people from wearing an HME. Provox Life is shown to reduce skin irritation and the HMEs are easier to breathe through when you are more active during the day, so you can wear your HME longer and improve lung health as a result.

**The study showed:** When using Provox Life, four out of five of participants used a nighttime HME.

**Why is this important?** The Provox Life Night HME offers higher humidification than any Provox or Provox Life HMEs—closer to breathing through your nose like you did before surgery.

**The study showed:** With Provox Life products, the number of nights patients used sleep medication was reduced by 50%.

**Why is this important to you?** The results of the study show that by using Provox Life, the impact of coughing and mucus is reduced and patients had less need to use sleep medication at night.

The researchers asked patients how satisfied they were with the Provox Life products. 95% of patients were moderately, quite a bit, or very much satisfied with Provox Life. Patients reported that this was because the adhesives suited their skin better and the HMEs were easier to breathe through.

**Have you tried Provox Life products?** Roger, a user of Provox HMEs and adhesives, recently attended an Atos laryngectomy event. Later, he told us:

“ Up to that point, I had been reluctant to use the Provox Life line of products. I told myself that I was completely satisfied with my current base plates and HMEs. During the seminar, I was convinced to try the [new, Provox] Life products...I was in for a total surprise after just one day! The biggest difference was in the great improvement in my voice.”

Testimonials relate to how one individual has experienced the use of Provox Life products and not every person will get the same results. Atos Medical AB does not suggest, imply or make any claims other than those detailed in the product manual.

### Tell us what YOU think:

We would like to hear about your experience with Provox Life HMEs.

To take our short survey, please scan the QR code with the camera on your smartphone or the use link below.

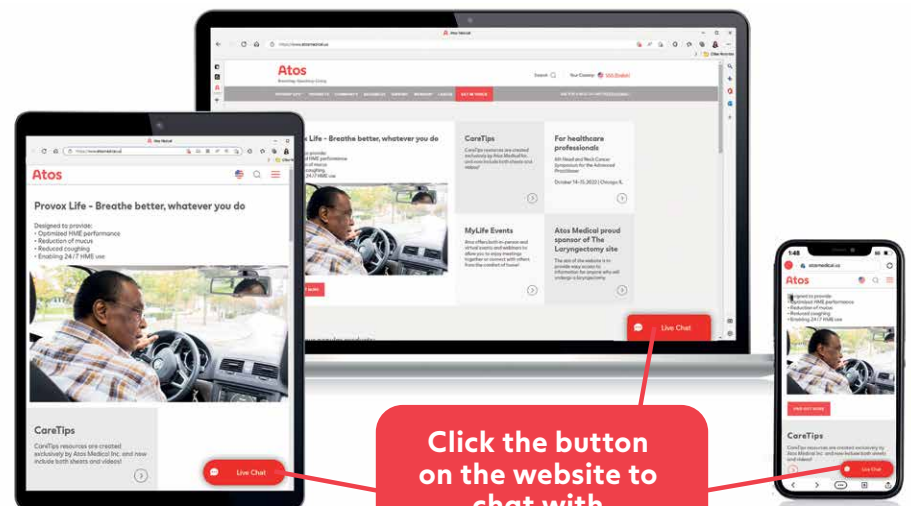


[www.surveymonkey.com/r/RR3YF9F](http://www.surveymonkey.com/r/RR3YF9F)

## New Chat feature on [www.atosmedical.us](http://www.atosmedical.us)

Web chat is now available for our customers! This new feature is quick, secure and can be accessed directly from our website. You'll chat with a live, knowledgeable, Atos representative. This new service can be used for FAQs, order tracking, product questions and other general inquiries—give it a try!

To place an order, please continue to call or email your representative. Live Chat is available during regular business hours, 7:30am-5:00pm CT Monday - Friday. (Not available holidays when Atos Medical US office is closed.)



Click the button on the website to chat with a representative



### SAVE THE DATE

The **International Association of Laryngectomees (IAL)** will be holding their Annual Meeting and Voice Institute May 11-14, 2023 in St. Louis!

Watch for more info on their website: [TheIALVoice.org](http://TheIALVoice.org) or scan the code ▶



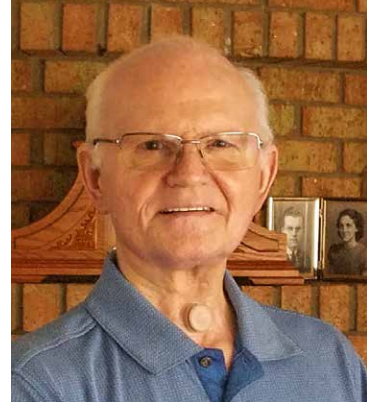
Crossword answer key (See puzzle on page 4.)

1	I	N	V	E	N	T	I	O	N	4
2	C	E								U
3	I	R	I	P	P	I	N	G		
4	C	A	T				N	G		
5	L			I	N	T	E	N	S	E
6	E	G			A	E				T
7	S	N	O	W	B	I	R	D	S	

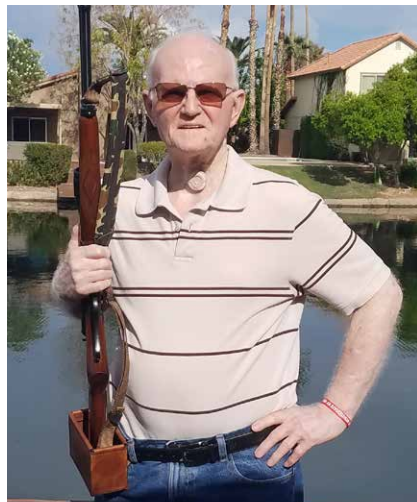


# Meet the Patient Ambassador: Joe Mulligan

Joe Mulligan grew up in Phoenix. After a few years in college, he enlisted in the U.S. Army where he qualified as an airframe and turbine engine specialist. He was then sent to Europe to serve in a company that provided aviation support to US Army attachés to foreign countries. During his time there, he enjoyed traveling through Europe and returned with over 5,000 feet of filmed memories.



Returning to Phoenix, Joe worked in the aerospace industry as a technician overhauling turbine engines damaged in Vietnam. In January of 1969, Joe got married and also returned



Joe demonstrates his latest "gadget"—this belt-mounted pouch to help hunters carry a rifle while trekking through the countryside provides quick, easy access to the rifle. It's unique because of a stainless steel rod around the top of the pouch.

to college where he earned a bachelor's degree from ASU School of Engineering in the aerospace field. As an aerospace engineer, Joe worked on various projects from the first Martian Lander (NASA Viking Project) and NASA Skylab, as well as secret Titan missile projects for the US Air Force.

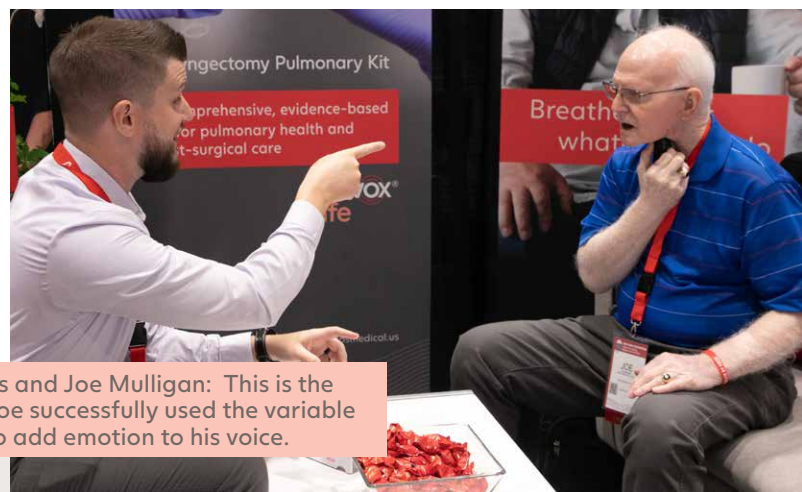
During this time, Joe started the first of many ventures in entrepreneurship including a small photographic company using a unique developing process he invented. After moving to Texas to start a real estate development company with an old friend from his military days, he established numerous, varied companies in construction, entertainment, marketing and even a scientific testing laboratory where he worked with many prestigious firms.

In 2015, Joe was diagnosed with throat cancer. He had a laryngectomy in August of that year. Through participation in Atos Community Events, he found his next calling in his life. He calls it, "stretching one's soul," and it refers to the special feeling he gets when he is able to help other people who have or will have laryngectomy surgery by answering questions, quelling fears, providing prosthetic education and giving tips for living life after laryngectomy.

Ever the entrepreneur, Joe continues to work on marketing his inventions including a unique bath brush, a protective cinch for carpenters and machine operators, unique playground equipment for kids, and more. In his free time, Joe enjoys target practice at the local range, exercising with free weights, participating in laryngectomee singing events and visiting his grandkids. He is also very proud of his three, intelligent and successful daughters: one is a human resources professional, one is a registered nurse and one is an astrophysicist.

## Electrolarynx (EL) training and troubleshooting

Several members of the Atos Medical team recently attended the 2022 American Speech-Language-Hearing Association (ASHA) Convention, an annual educational event for healthcare professionals in speech, language and hearing sciences. Joe Mulligan, Atos Patient Ambassador, was able to visit with Patrick Thomas, our Atos "EL expert." Patrick is passionate about helping EL users get the most out of their devices! Joe uses a Provox voice prosthesis to speak, but he also uses a Provox® TruTone EMOTE® as a back-up communication device. Joe sat down with Patrick for a few minutes to get some help with the variable pitch feature.



Patrick Thomas and Joe Mulligan: This is the moment that Joe successfully used the variable pitch feature to add emotion to his voice.

### Do you have questions about using your EL?

Patrick is hosting an event for you!

### Using an Electrolarynx - Tips & Tricks for speaking with an EL

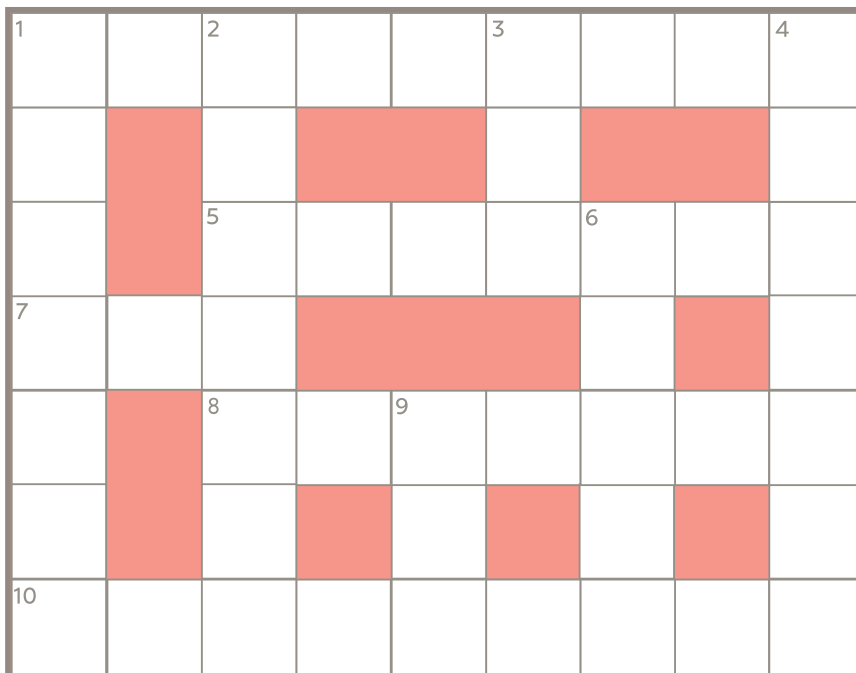
These events are designed to help you improve speech and provide techniques to optimize device performance. Whether your EL is your primary or back-up method of communication, we encourage you to join us as we share helpful tips and tricks to allow you get the most out of your device. Check our website, [www.atosmedical.us/community/events/](http://www.atosmedical.us/community/events/) (or use the QR code at the right) to learn more about this event and other events for the laryngectomy community.

For more information about this event and a full list of our customer-focused events, use the camera on your smartphone to scan this QR code. It will direct your phone to open our events page.



## JUST FOR FUN

## Crossword



### ACROSS

- 1 Necessity is the mother of \_\_\_\_\_
- 5 Sawing wood against the grain
- 7 \_\_\_ nap
- 8 Acute or extreme
- 10 People that stay in warmer climates for the winter

### DOWN

- 1 Dripping water creates these frozen spikes
- 2 A 1958 Hitchcock film (or a kind of dizziness)
- 3 A gratuity
- 4 Denver NBA team
- 6 \_\_\_\_\_ voice, \_\_\_\_\_ circle or \_\_\_\_\_ strength
- 9 A diet cola popular in the 1970s, it was discontinued in 2020