

NAO AND QUALITY OF LIFE

Nasal airway obstruction is a common condition that is estimated to affect millions of people in the U.S. each year.¹ By restricting airflow through the nose, NAO can contribute to other health-related conditions as well as negatively affect daily life, from performance at work to enjoyment of activities with friends and family.¹

Why is nasal breathing so important? Most air inhaled into the lungs passes through the nose.² And, nasal breathing has significant health benefits compared to mouth breathing.³



Visit [NasalObstructionAnswers.com](https://www.NasalObstructionAnswers.com) to take the Nasal Obstruction Symptom Evaluation (NOSE) Survey to assess how your breathing difficulty and symptoms are affecting your quality of life.¹

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For more helpful information online, visit

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WHAT IS NAO?

Nasal airway obstruction is not a disease but rather a symptom of an underlying disorder that causes the nasal passages to be blocked or obstructed.⁴ More than compromising your ability to breathe easily, NAO can also affect sleeping, productivity at work or school, exercising, your enjoyment of everyday activities and much more.^{5,6}

CAUSES OF NAO

Blockages in the nose can restrict normal airflow and make it difficult for you to breathe through one or both sides of your nose. Structural blockages may occur naturally or can be caused by injury to the nose. Obstructions are typically found in the septum, nasal turbinates and lateral wall.⁶

SIGNS AND SYMPTOMS OF NAO

If you're having trouble breathing through your nose, you may be suffering from nasal airway obstruction. Common symptoms of NAO include^{7,8}:

- Stuffy nose or nasal congestion
- Restricted nasal airflow
- Snoring or difficulty sleeping
- Fatigue
- Headache
- Difficulty breathing through the nose during physical activity

TREATMENT OPTIONS



Natural "home" remedies such as breathing strips, nasal dilators and over-the-counter nasal sprays.⁹



Medical management including nasal steroids, decongestants and antihistamines.¹⁰



Surgical treatment may include septoplasty to correct the shape of the septum.¹⁰



Nasal Dilation is designed to expand sinus openings, clear blockages and relieve symptoms of NAO.

- Minimally invasive option designed to treat nasal obstruction.
- Intended to provide increased nasal space and also address the lower nasal septum.
- The procedure can be performed at your doctor's office or at a surgical care facility or hospital.

