

Nozohaem[®]

nasal gel

– nasal gel for the treatment of nosebleed



Nosebleeds

Most people have had a nosebleed at some time in their lives. Recurring nosebleeds are reported by around four per cent of the population.

A nosebleed (the medical term is *epistaxis*) normally starts in Kiesselbach's area, the front part of the nasal septum. The source of the bleed can also be found near the roof of the nose or further back in the nose. In rare cases, diffuse bleeds can occur and they are often triggered by illnesses, such as leukaemia.

Cause

Nosebleed can have many different causes, either independent or working together.

Trauma to the nose and mucous membrane, picking the nose, changes in the mucous membrane in conjunction with colds, tumours, leukaemia and a deterioration in haemostasis caused by acetylsalicylic acid and warfarin.

Traditional treatment


To date, the two methods that have dominated the treatment of nosebleed have been to clamp the wings of the nose or insert a wad of cotton wool. A doctor can burn away the bleeding blood vessel or apply a compression bandage in the form of a tamponade (gauze strips or a rubber balloon). Both methods are effective, but they can cause discomfort to the patient.

Nozohaem[®], a better alternative

Background

The idea behind Nozohaem originated from a clinical trial that was conducted several years ago in Göteborg in which a non-active placebo was found to be more effective than the active substance.

This clinical trial compared a gel containing 10 % of the fibrinolysis inhibitor Cyklokaprone with a placebo, which was a 10 % solution of the simplest conceivable amino acid, glycine. The results revealed that glycine had a far greater haemostatic effect than the Cyklokaprone gel, which never became a pharmaceutical.



Professor Björn Petruson, the man behind Nozohaem, spent six years in the 1960s and 1970s researching nosebleed – the causes and possible treatment. With his understanding of the way blood coagulants are formed and broken down, he quickly realised that glycine was one of the main constituents of collagen (connective tissue), which is needed to start the blood coagulation process.

Applications

Nozohaem is an entirely new medical product which stops nosebleed using local treatment.

Active ingredients

The active substance in Nozohaem is glycine, an amino acid produced by the body and used in the production of proteins. Proteins that use a great deal of glycine in their production process include collagen or connective tissue. Collagen plays an important part in enabling the blood platelets to function effectively and reduce bleeding.

Nozohaem also includes calcium, another substance that can be found all over the body and in the blood. Calcium facilitates the formation of blood coagulants.

Nozohaem contains no preservatives.

Nozohaem has a fourfold effect

Nozohaem has four interacting treatment effects.

The gel exerts pressure on the bleeding blood vessel.

The nasal mucosa “shrinks” because the gel is hypertonic. A hypertonic solution contains a higher concentration of soluble particles than an isotonic solution. As a result, normal cells that are placed in this solution equalise the difference in concentration through osmosis. The water flows out of the cell, thereby raising the concentration of substances in the cell and the cell then shrinks.

Glycine facilitates the formation of blood coagulants (thrombocyte aggregation).

Calcium facilitates coagulation.

Side effects

No side-effects have been reported. If you suspect that you have experienced serious side-effects as a result of Nozohaem, you should contact a doctor.

Pregnancy and breast feeding

No known or documented risks. Nozohaem acts locally and does not exert any general effect.

Consult your doctor or your pharmacy if you are unsure.

Children

After the age of seven years or when children can apply the gel themselves, there are no problems when it comes to using Nozohaem.

How to use Nozohaem

- Blow your nose well to remove any blood.
- Insert the tip of the Nozohaem tube into one nostril, about 1-1.5 cm, and start pressing the gel out of the tube. At the same time, hold the thumb and index finger on your other hand over the wing of your nose to fix the pipette in place.
- Continue pressing the tube so that all the gel enters your nostril. If your nosebleed is not heavy, one tube is sufficient. If the nosebleed is heavy, one or two tubes may be needed.
- Continue to apply the gel until the bleeding stops. Stop when the gel starts running down into your throat. Wipe off any gel that runs onto your upper lip.
- The gel should be left in your nose for 30 minutes. Afterwards, you can blow it out carefully, if you so wish. If you do not blow out the gel, it will be transported backwards by the nasal cilia and you will then swallow it after a few hours.
- If the bleeding does not stop after 30 minutes, you should consult a doctor.



Reserve supply

Individuals who suffer from recurring nosebleeds generally have delicate blood vessels in their noses. As a result, the likelihood that the problem will recur some time after a Nozohaem treatment cannot be excluded. It is a good idea always to have Nozohaem available if or when the problems recur.

Storage

Store Nozohaem at room temperature (15-25°C) out of the light.
Opened tubes should be used immediately.

Persistent problems

Pharmacure Health Care AB is a privately owned pharmaceutical company, located in Gothenburg, Sweden. The company is developing and manufacturing medical devices, natural medical products and pharmaceutical for the treatment of various types of nasal dysfunction. All research and development is done in close cooperation with Professor Björn Petruson.

Pharmacure focuses on life style products helping individuals to improve health, remain healthy and prevent diseases or dysfunctions in the upper respiratory tract.

Documentation

Nozohaem is a well-documented product, developed in Göteborg by Pharmacure Health AB, in consultation with *Professor Björn Petruson*, ENT Clinic, Sahlgrenska University Hospital. References can be found on our website, www.pharmacure.com, under Studies.