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ESSIG STUART Form 4 March 19, 2003

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

[box if no l may continue.		ubject	to	Section	16.	Form	4 or	Form 5				
1.	Name and Addr	ess of Reporti	ng Persor	n(s)										
	Essig,		М.											
	(Last)	(First)	 (Mi	(Middle)										
	311 Enterpris	e Drive												
			(St	treet)										
	Plainsboro,	Plainsboro,			New Jersey				08536					
	(City)		(State	∍)		(Zip)								
2.	Issuer Name and Ticker or Trading Symbol													
	Integra LifeS	ciences Holdin	ngs Corp.	(IART)										
3.	I.R.S. Identi	fication Numbe	er of Repo	orting	Pers	on, if an	n enti	ty (Vo	lunt	ary)				
4.	Statement for Month/Day/Year													
	03/18/2003													
5.	If Amendment, Date of Original (Month/Day/Year)													
6.	Relationship of Reporting Person(s) to Issuer (Check all applicable)													
		give title bel Chief Executi		[] 10 [] Ot		ner (specify	below)						

7. Individual or Joint/Group Filing (Check Applicable Line)

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[X] Form filed by One Reporting Person

[] Form filed by More than One Reporting Person

1)Title of Security		2) Trans-				4. Securities Acquired (A)					
			action Date	action Code		or Disposed of ())		
				code				or			
			(Month/ Day/Year)	Cod	e V	Amou	nt 		Pri	.ce	
Common Stock			03/18/03	М		161,	000	А	\$5.	.8750	
Common Stock			03/18/03	S		161,				2.0000	
Common Stock			03/18/03	М		39,0				.8750	
Common Stock			03/18/03	S		39,0	00	D	\$22	2.0000	
Table II (PART 1) Derivative	Securities	Acqu	ired, Dispos	ed o	f, or	Bene	ficially	Owne	ed	(Columns 1	
1)Title of Derivative Security	2) Conversion or Exercise Price of Derivative Security		3)Trans- action Date		4)Tra actio	on			Acqu	quired (A)	
					Code	V	Α			D	
Non-Qualified Stock Option (right to buy)	\$5.8750		03/18/03		М					39,000	
Non-Qualified Stock Option (right to buy) (2)	\$5.8750		03/18/03		М					161,000	
Table II (PART 2) Derivative	Securities	Acqu	ired, Dispos	ed o	f, or	Bene	ficially	Owne	∍d 	(Columns 1	
1)Title of Derivative Security	3)Trans- action Date	of U	tle and Amou nderlying rities	nt					C	3)Price of Deri- vative	
	Date	БССи	110105				Amount o			Security	
-		Titl	e 				Shares				
Non-Qualified Stock Option	03/18/03	Comm	on Stock				39,000				
(right to buy)											

Explanation of Responses:

- (1) 25% of the options vest one year after the grant date, with the remaining 75% vesting monthly
- (2) Granted on December 27, 1997

SIGNATURE OF REPORTING PERSON /S/ Essig, Stuart M.

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DATE 03/18/03