

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person * <u>OGRADY JUDITH</u>  (Last) (First) (Middle) <u>311 C ENTERPRISE DRIVE</u>  (Street) <u>PLAINSBORO NJ 08536</u>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTEGRA LIFESCIENCES HOLDINGS CORP [ IART ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Sr. VP, Reg, QA, &amp; Clinical</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>11/24/2003</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/24/2003	11/24/2003	M		15,000	A	\$3.375	0	D	
Common Stock	11/24/2003	11/24/2003	M		7,500	A	\$13.625	0	D	
Common Stock	11/24/2003	11/24/2003	S		7,500	D	\$31.5	0	D	
Common Stock	11/24/2003	11/24/2003	M		1,875	A	\$19.27	0	D	
Common Stock	11/24/2003	11/24/2003	S		1,875	D	\$31.56	0	D	
Common Stock	11/24/2003	11/24/2003	M		2,500	A	\$26.34	0	D	
Common Stock	11/24/2003	11/24/2003	S		2,500	D	\$31.56	0	D	
Common Stock	11/24/2003	11/24/2003	M		625	A	\$14.87	0	D	
Common Stock	11/24/2003	11/24/2003	S		625	D	\$31.56	17,865	D	

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Incentive Stock Option (right to buy)	\$3.375	11/24/2003	11/24/2003	M			15,000	12/31/1999	12/31/2004	Common Stock	15,000	\$0.00	0	D	
Non-Qualified Stock Option (right to buy)	\$13.625	11/24/2003	11/24/2003	M			7,500	12/30/2001	12/30/2006	Common Stock	7,500	\$0.00	837	D	
Non-Qualified Stock Option (right to buy)	\$14.87	11/24/2003	11/24/2003	M			625	08/02/2003	08/02/2008	Common Stock	625	\$0.00	833	D	
Non-Qualified Stock Option (right to buy)	\$19.27	11/24/2003	11/24/2003	M			1,875	06/22/2002	06/22/2007	Common Stock	1,875	\$0.00	1,406	D	

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned  
(e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$26.34	11/24/2003	11/24/2003	M			2,500	12/31/2002	12/31/2007	Common Stock	2,500	\$0.00	5,000	D	

**Explanation of Responses:**

/s/ Judith O'Grady

11/26/2003

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.**