

WHO CAN BENEFIT FROM USING A PEAK FLOW METER?

Many doctors believe that people who have asthma can benefit from the use of a Peak Flow Meter. If you need to adjust your daily medication for asthma, a Peak Flow Meter can be an important part of your asthma management plan.

Children as young as three years have been able to use a Meter to help manage their asthma. In addition, some people with chronic bronchitis and emphysema may also benefit from the use of a Peak Flow Meter.

DIGITAL
PEAK FLOW FEV1
METER FOR SPIROMETRY

microlife®

Microlife is the world leader in the development and manufacturing of medical diagnostic equipment for institutional and home use. Blood pressure monitors, digital thermometers, and peak flow meters are Microlife's core business. For more information visit www.microlifeusa.com or call 1-800-905-9499.



Partners in Asthma Education

The American Lung Association does not endorse products.
For every peak flow meter sold a donation is made to the American Lung Association.
For more information visit www.lungusa.org.

For 100 years, the American Lung Association has been the lead organization working to prevent lung disease and promote lung health. Lung disease death rates continue to increase while other leading causes of death have declined. The American Lung Association funds vital research on the causes of and treatments for lung disease. With the generous support of the public, the American Lung Association is "Improving life, one breath at a time." For more information about the American Lung Association or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or log on to www.lungusa.org.

The American Lung Association and Microlife are working together to educate the public about the importance of proper asthma management.

You can't manage it, if you don't monitor it.

Peak Flow and FEV1 monitoring along with a doctor's consultation allows patients with asthma, COPD and other lung diseases to manage their condition.



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WHY SHOULD I MEASURE MY PEAK FLOW?

A Peak Flow Meter can show you that you may need to change the way you are using your medicines. For example, Peak Flow readings may help be a signal for you to implement the medication plan you and your doctor have developed for worsening asthma. On the other hand, if you are doing well, then measuring your Peak Flow may be helpful as you and your doctor try to lower the level of your medicines.

A Peak Flow Meter can help you when your asthma is getting worse. Asthma sometimes changes gradually. Your Peak Flow may show changes before you feel them. It can allow your doctor to adjust your treatment to prevent urgent calls to the doctor, emergency room visits or hospitalizations.

A Peak Flow Meter can also be used during an asthma episode. It can help you determine the severity of the episode; decide when to use your rescue medication; and decide when to seek emergency care.



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WHY SHOULD I MEASURE FEV1?

Another common spirometry measurement is FEV1 (Forced Expiratory Volume in One Second), the volume of air exhaled in the first second after a deep inhalation. For COPD patients, FEV1 is used to determine the severity of obstruction, with less than 70% considered mild and less than 35% severe.



- ▶ Stores 240 Measurements
- ▶ Measures FEV1 and Peak Flow
- ▶ Records Time and Date with each Measurement
- ▶ Contains Automatic Traffic Light Indicator
- ▶ Meets American Thoracic Society Accuracy Standards

Patients do not have to worry about making mistakes or forgetting to record measurements because PeakFlow FEV1 does it for them. Studies show that accurate daily measurements are only half of the challenge to managing asthma, COPD and other lung illnesses. **The measurement is only as good as the accuracy with which it is recorded.**

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