



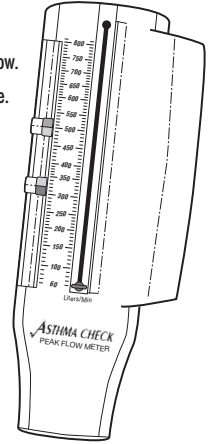
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1003177 REV3
Patent No. D-391,506
Made and Printed in USA
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ASTHMA CHECK[®] Peak Flow Meter with Asthma Management Zone System

Instructions for Use Universal Range: 60-810 L/min

- ✓ Helps monitor respiratory conditions such as asthma by measuring peak expiratory flow.
- ✓ Designed for single patient use.
- ✓ Disposable mouthpieces are available for multi-patient screening (Reorder No. HS714).



Caution: Patients using a peak flow meter to monitor respiratory conditions such as asthma should be under the care of a physician or other licensed healthcare professional.

This peak flow meter carrying case contains:
Asthma Check Peak Flow Meter
Instructions for Use
Daily Diary (with instructions)



Important Information for Healthcare Professionals

Asthma Check was designed with a three-zone asthma management system recommended by the NAEPP to help patients comply with treatment regimens. Color-coded indicators are located to the left of the scale and can be adjusted to delineate a patient's green, yellow, and red zones. (These indicators are designed to resist inadvertent movement.)

If you prefer a four-zone system, the yellow zone is typically divided in half with different treatment instructions given for high-yellow and low-yellow zones.

The zone system is based on a patient's maximum peak flow rate, which is determined after medication on a day when the asthmatic condition is under good control. Zones should be tailored to individual patients' needs and PEF patterns. When the Green Zone range is determined to be 80% to 100% of the patient's maximum peak flow; the Yellow Zone, 50% to 80%; and the Red Zone, anything below 50%; the Green/Yellow indicator should be set at 80% and the Yellow/Red indicator at 50%. These percentages are given only as an example.

Disposable one-way valve safety mouthpieces must be used when a single Asthma Check unit is used repeatedly as a screening device. Patients should be advised to inhale before placing the instrument in their mouths. (Disposable One-Way Valve Safety Mouthpieces, Reorder No. HS714.) After each patient use, Asthma Check should be cleaned as directed.

Warning: Never boil or autoclave Asthma Check.

Important Information for Patients

This meter was designed to make following your asthma treatment plan easy. Your doctor will set the color zone indicators to your own personalized zones based on your personal best peak expiratory flow rate value (the best peak flow value you can achieve on a good day when your asthma is under control).

When you blow into your peak flow meter, the indicator will rise to your peak flow value. Your peak flow will fall into one of three zones. Think of these zones as traffic symbols.

Green means "go" – follow your regular medication plan and go ahead with normal activities.

Yellow means "caution" – your asthma might be worsening. Follow your medication instructions to get back to your green zone.

Red means "stop" – get medical advice and attention immediately.

Your goal should be to stay in the green zone as long as possible and to take action whenever you enter the yellow zone, so you never enter the red zone.

Normal Children and Adolescents*

Height (In) (Cm)	Males & Females	Height (In) (Cm)	Males & Females
43	109	147	55 140 307
44	112	160	56 142 320
45	114	173	57 145 334
46	117	187	58 147 347
47	119	200	59 150 360
48	122	214	60 152 373
49	124	227	61 155 387
50	127	240	62 157 400
51	130	254	63 160 413
52	132	267	64 163 427
53	135	280	65 165 440
54	137	293	66 168 454

*Nunn AJ, Gregg I. *Brit Med J* 298:1068-70; 1989.
†Polgar G, Promadhat V. *Pulmonary Function Testing in Children: Techniques and Standards*. Philadelphia, W.B. Saunders Co., 1971.

Use the tables of normal peak flow values only as a guideline since *predicted* normal lung function varies across racial and ethnic populations. The most clinically useful standard for ongoing monitoring of asthma is the patient's personal best PEF value.

Predicted Average Peak Expiratory Flow Rates (Liters per Minute)

Normal Males*

Age (Years)	Height				
	(in) 60" (cm) 152	65" 165	70" 178	75" 191	80" 203
20	554	575	594	611	626
25	580	603	622	640	656
30	594	617	637	655	672
35	599	622	643	661	677
40	597	620	641	659	675
45	591	613	633	651	668
50	580	602	622	640	656
55	566	588	608	625	640
60	551	572	591	607	622
65	533	554	572	588	603
70	515	535	552	568	582
75	496	515	532	547	560

Normal Females*

Age (Years)	Height				
	(in) 55" (cm) 140	60" 152	65" 165	70" 178	75" 191
20	444	460	474	486	497
25	455	471	485	497	509
30	458	475	489	502	513
35	458	474	488	501	512
40	453	469	483	496	507
45	446	462	476	488	499
50	437	453	466	478	489
55	427	442	455	467	477
60	415	430	443	454	464
65	403	417	430	441	451
70	390	404	416	427	436
75	377	391	402	413	422

Notes

Name	Personal Best Reading										Asthma Plan: Green										Yellow:										Red:										Date
Date																																									Date
Time																																									Time
850																																									850
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