

ASTHMA

Go With the Flow



A peak flow meter is a small, handheld device that measures how fast you can blow air out of your lungs. The greater the force, the better your lungs are working. Your doctor will use the peak flow meter to learn your “personal best” number. That’s the highest number you get when your asthma is under control.

In the future, you can use that number to know if your asthma is under control. The meter can help warn you of an asthma attack even before you have symptoms, so it’s important to keep one handy.

To use your peak flow meter correctly, follow these 4 simple steps:

1. Slide the marker or indicator down to zero at the bottom of the meter.
2. Stand straight and place your lips tightly around the mouthpiece.
3. In 1 breath, blow a hard, fast blast of air as quickly as you can.
4. The marker will have moved up the scale. Write down the number where the marker stopped.

Repeat steps 1–4 two more times. Then write down the best (the highest) of the 3 scores on a peak flow graph or in a diary.

Sharing your peak flow measurements with your doctor helps him or her see how well your medicine is working. Ask your doctor or asthma specialist if a peak flow meter could help you control your asthma.

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