



# Lung age Lung Age Indicator

## Guide for Healthcare Professionals

### Prepare Device

1 Switch On



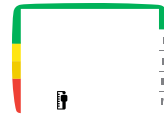
2 Set test subject's age.

Press ▲ or ▼ to change age.  
Press ← to set.



3 Set test subject's height.

Press ▲ or ▼ to change height.  
Press ← to set.



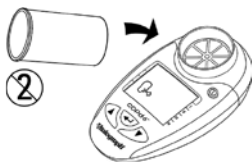
4 Set test subject's gender.

Press ▲ or ▼ to change gender.  
Press ← to set.



### Perform Test

1 Insert disposable mouthpiece

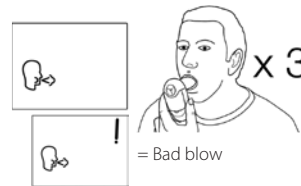


2 Demonstrate to test subject

- ▼ Fully breathe in, hold...
- ▼ Insert and lightly bite the mouthpiece
- ▼ Then blow as hard as possible for 6 seconds



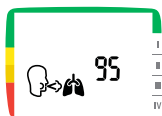
3 Repeat blow 2 more times



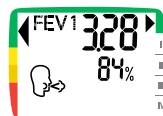
4 Press ← to show best test

### View Parameters

1 Display shows estimated lung age.



2 Press ▲ to show FEV<sub>1</sub> and % of predicted.

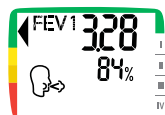


3 Press ⏻ for 3 seconds to switch off.

### Test Result

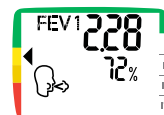
**Normal**

Arrow in green area:  
In general a spirometry is not required.



**Possible COPD or restriction**

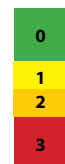
Arrow in yellow, orange or red area:  
A medical spirometry examination is recommended.



FEV<sub>1</sub>, %  
Pred.

- ≥ 80 %
- < 80 %
- < 50 %
- < 30 %

Obstruction  
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#### Cleaning and disinfecting

The outer surfaces should be cleaned every week, more often if necessary. The use of a disposable disinfecting wipe is recommended, with special attention to the mouthpiece area.