

Why is it useful to determine the FeNO value?

- ▶ The FeNO value is an exact and objective variable for the degree of inflammation in your lungs.
- ▶ FeNO measurement shows indications of a deterioration – even before you present symptoms.¹
- ▶ This enables your doctor to take early action to adjust your medication.
- ▶ FeNO measurement shows early on whether there is a positive response to asthma medication and a reduction in the degree of inflammation.^{2,3}
- ▶ Regular monitoring of FeNO values can help to reduce the frequency of asthma attacks.⁴
- ▶ You can actively support your doctor with managing your asthma and thus improve the success of your therapy.

¹Bodini et al. Chest 2017;132:1520–25

²Dweik et al. Am J Respir Crit Care Med 2011;184:602–15

³Taylor et al. Thorax 2006;61:817–27

⁴Essat et al. Eur Respir J 2016;47:751–68

⁵Information sheet of the Deutsche Atemwegsliga e.V.: FeNO measurement



FeNO measurement with Vivatmo me at home

FeNO measurement for home use

For more confidence and better asthma management in your day-to-day life, you can additionally measure your FeNO value from the comfort of your own home using the Vivatmo me home measuring device. Further information is available from:



www.vivatmo.com/en/

Practice stamp



FeNO measurement at the doctor's practice

One method of therapy monitoring for asthma patients



MDO-01.733-01-EBA-117

You are an asthma sufferer. In that case you know only too well how this chronic inflammation of the airways can affect your quality of life. With the help of effective medication and continuous monitoring of the level of inflammation through FeNO measurement, asthmatics can nowadays still lead an almost symptom-free life. Have your FeNO value determined here at the practice.

FeNO measurement is helpful and stress-free method for asthma therapy monitoring.

What is FeNO?

The FeNO value is an inflammatory marker that reflects the degree of inflammation in the lower airways of asthma patients. FeNO stands for fractional exhaled nitric oxide (NO). The inflammatory processes in asthma produce nitric oxide (NO) in the mucous membrane of the airways, which can be measured in exhaled air. The higher the NO content, the more severe the inflammation. The measured value is shown in ppb ("parts per billion").



FeNO measurement with Vivatmo pro at your doctor's practice

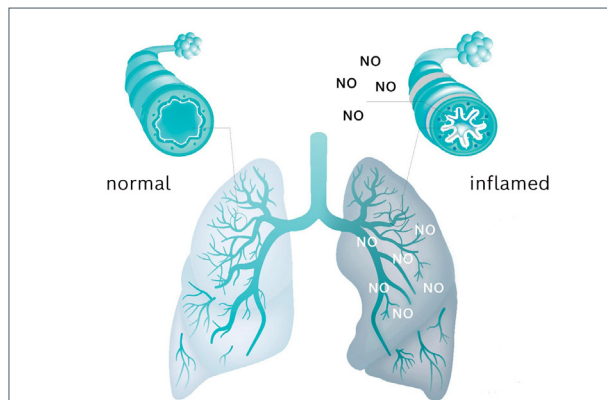
What do the FeNO values mean?

Normal FeNO values depend, among other things, on height and gender. As a guide:5

- ▶ Values below 25 ppb are considered normal (children below 20 ppb)
- ▶ Values above 50 ppb (children 35 ppb) indicate active inflammation of the airways.

How does this differ from the lung function test (lufu or spirometry)?

The spirometer measures the volume of air during inhalation and exhalation and the velocity of exhaled air. This determines the effect of the inflammation on your bronchial tubes. However, an objective statement about the actual degree of inflammation is only possible to a limited extent.



Lung of a healthy person and of an asthmatic: formation of nitric oxide (NO) as a result of inflammation.

Why have your FeNO value measured at your doctor's practice?

Your doctor will take you through the measurement step by step. The breathing maneuver is simple, quick and completely stress-free. All you need to do is breathe out. Your doctor will take you through the measurement step by step. The breathing maneuver is simple, quick and completely stress-free. All you need to do is breathe out slowly and evenly through the mouthpiece for a few seconds. After successful measurement, the results are displayed immediately. Your doctor can read the results straight away and – if necessary – adjust your medication accordingly. Like this, your therapy is always adapted to the actual degree of your airway inflammation.

