lunge 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 FEV₁ and % of predicted.
3. ▼ 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.

<table>
<thead>
<tr>
<th>FEV₁ % Pred.</th>
<th>Obstruction Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥ 80 %</td>
<td>0</td>
</tr>
<tr>
<td>&lt; 80 %</td>
<td>1</td>
</tr>
<tr>
<td>&lt; 50 %</td>
<td>2</td>
</tr>
<tr>
<td>&lt; 30 %</td>
<td>3</td>
</tr>
</tbody>
</table>

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.

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