

# The problem with excess mucus

- ▶ Chronic bronchitis
- ▶ Breathlessness
- ▶ Chronic cough
- ▶ Difficulty in performing daily tasks
- ▶ Recurring lung infections

When mucus is not cleared from the lungs it can become a breeding ground for bacteria and infections<sup>1</sup>, making your condition worse<sup>2</sup>.

## How **Aerobika** can help<sup>3</sup>

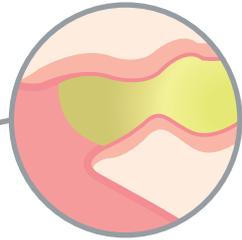
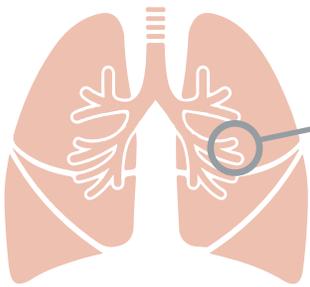
- ▶ Easier to clear excess mucus
- ▶ Decreased cough frequency
- ▶ Reduced feeling of breathlessness
- ▶ Improved ability to perform activities
- ▶ Better quality of life



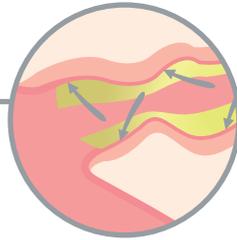
Backed by clinical studies.<sup>3,4</sup>  
Proven by living better.

# What does it do?

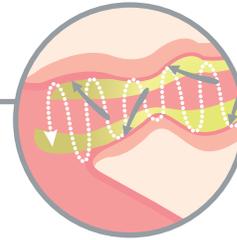
As you exhale through the device, you will feel very quick vibrations which are pulses of resistance. These pulses of resistance hold your airways open while thinning and loosening mucus – helping move it to the larger airways of your lungs, where it can be coughed out.



Airway with a mucus plug



Resistance holds the airways open

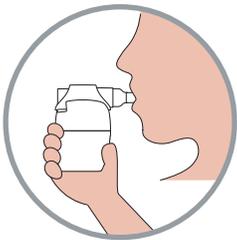


Pulses help thin and loosen mucus while the airways are held open

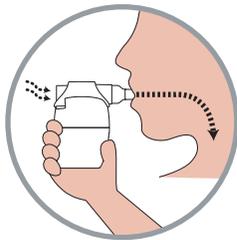
## How to use

These simple steps will ensure you get the most out of your treatment.

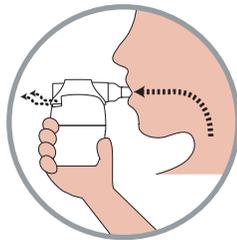
Recommended treatment is twice a day for 10 minutes, or as prescribed by your healthcare professional.



1 CLOSE LIPS around mouthpiece



2 INHALE and HOLD 2–3 seconds



3 EXHALE — slowly, steady, firmly



4 REPEAT and cough as directed

1 BURGEL PR, MARTIN C. Mucus hypersecretion in COPD: should we only rely on symptoms?. European Respiratory Review 2010;19(116):94-96 2 <http://umm.edu/health/medical/reports/articles/chronic-obstructive-pulmonary-disease#ixzz2cXGUHR00>. Accessed on 03 Sep 2014. 3 Svenningsen S, Paulin G, Sheikh K, Pike D, Etemad-Rezai R, Suggett J, McCormack DG and Parraga G. Oscillating Positive Expiratory Pressure Therapy in Chronic Obstructive Pulmonary Disease and Bronchiectasis. Presentation at ERS 2014. 4 Chest 2013. 110057-001 Rev A. \* trade marks and registered trade marks of Trudell Medical International. Copyright © Trudell Medical International 2014. All rights reserved.

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