

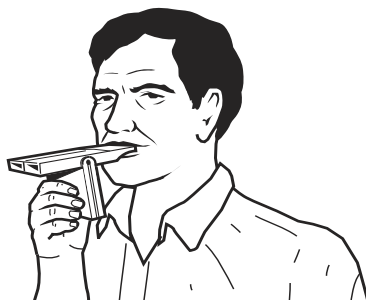
峰值流量计

Peak Flow Meter

A peak flow meter measures how fast air moves out of the lungs. This is a good way to check changes in your airways from asthma before you may feel them. Then you can take your medicines early to stop these changes and avoid a severe asthma attack. Use a peak flow meter as directed by your doctor.

How to use your peak flow meter

1. Remove any gum or food you may have in your mouth.
2. Connect the mouthpiece to the peak flow meter.
3. Move the mark to 0 (zero).
4. Hold the meter with 1 hand.
5. Stand up or sit up straight.
6. Take in a deep breath.
7. Close your lips tightly around the mouthpiece.



8. Blow out as hard and fast as you can for 1 to 2 seconds into the mouthpiece with 1 blow.
9. Write down the number on the gauge. If you cough or make a mistake, reset the mark to 0 (zero) and do it again.

峰值流量计可测量气流从肺部呼出的速度。您可通过该设备在出现哮喘症状之前查知气道变化。随后您可通过尽早服药来阻止这些变化，以避免严重的哮喘发作。按照医生的指示使用峰值流量计。

使用峰值流量计的方法

1. 确保口腔中无口香糖或任何食物。
2. 将咬嘴连接至峰值流量计。
3. 将标线移到 0（零）。
4. 单手持流量计。
5. 站立或坐直。
6. 深吸一口气。
7. 口含咬嘴紧闭双唇。



8. 尽可能用力、快速地向咬嘴吹一口气，持续 1 至 2 秒。
9. 记录流量计上的读数。如果您咳嗽或误用，请将标线重置为 0（零），然后重试。

10. Repeat these steps 2 more times. Write down the highest of your 3 readings.
11. Clean the mouthpiece with soap and water.

What the Reading Means

Your action plan is based on zones of how bad your asthma is, called asthma severity. Your peak flow can help you find out what zone you are in. You do this by comparing your current peak flow to your personal best peak flow.

Your personal best is your highest peak flow recorded over a 2 to 3 week period when your asthma is under control.

- **Green Zone. Green means good:** You want to be in the green zone every day. Green means your peak flow shows your lungs are working well. Your medicine is working, and you can go ahead with your daily activities.

Your green zone is readings above _____.

- **Yellow Zone. Yellow means caution:** Yellow means your lungs are working harder. Your medicine may need to be changed. Take the action your doctor has ordered for you or call your doctor. Use caution in your daily activities.

Your yellow zone is readings between _____ and _____.

- **Red Zone. Red means STOP:** Red means you are having breathing problems, and your asthma is not under control. **Go to the doctor or call 911.** You need treatment right away.

Your red zone is readings below _____.

10. 重复上述步骤 2 次。记录 3 次读数中最高的一次。
11. 用肥皂和水清洁咬嘴。

读数的含义

您的读数对应的区域反映哮喘严重程度，您可以依此采取相应措施。您的峰值流量可以帮助您找出您的读数对应的区域。您可以通过比较您当前的峰值流量和您个人的最佳峰值流量来确定哮喘严重程度。

您的个人最佳状态是在哮喘得到控制后 2 至 3 周内记录的最高峰值流量。

- **绿区。绿色表示良好：**每天都显示绿区是您的理想状态。绿色表示您的峰值流量显示双肺状况良好。读数位于绿区表示您的药物有效，您可以正常进行日常活动。

读数高于_____为绿区。

- **黄区。黄区提示需谨慎：**黄色表示双肺状况欠佳。您的药物可能需要更换。采取医嘱措施或致电医生。在日常活动中谨慎小心。

介于_____和_____之间的读数为黄区。

- **红区。红区提示需停止：**红色表示您出现呼吸问题，哮喘未得到控制。**就医或致电 911。**您需要立即治疗。

低于_____的读数为红区。

Some meters have color markers that can be set to show your target zones.

Your doctor or nurse can help you figure out your target zones based on your readings when your asthma is controlled. You may need to check your readings for several days and bring them with you to the doctor's office or clinic. Your target zone may be different than another person's because of your size, age, and lung function.

Each meter is a little different. If you change meters, you will need to find your asthma zones using the new meter.

Follow-up care is a key part of your treatment and safety. Make and go to all appointments and call your doctor if you have problems, questions, or concerns. Knowing your test results and keeping a list of the medicines you take is also a good idea.

有些流量计带有颜色标记，可以设置为显示目标区域。

当您的哮喘得到控制时，您的医生或护士可以根据您的读数确定您的目标区域。您可能需要连续几天记录读数，并将其带到医生办公室或门诊。基于您的体型、年龄和肺功能，您的目标区域可能与其他个体存在一定差异。

每台流量计也都存在一些差异。如果您更换了流量计，则需要找出新流量计中您的哮喘区域。

后续护理是治疗和安全的关键一环。定期预约进行复查，如有问题、疑虑或担忧，可致电医生。最好能了解身体检查结果，并保留所服药物清单。