

The AEROBIKA® OPEP therapy system could help you if you have the following symptoms:

- A long-lasting cough
- Shortness of breath
- An ineffective cough
- Difficulty walking long distances
- A cough with mucus
- Lung infections
- Breathlessness with daily tasks

A recent study of COPD patients showed use of the AEROBIKA® OPEP Therapy System for just 4 weeks created noticeable improvements.¹

CLINICALLY SUPPORTED.

DRUG-FREE.

EASY TO USE.

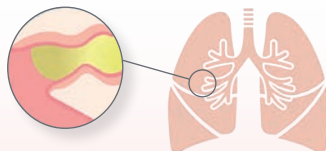
AEROBIKA® OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)



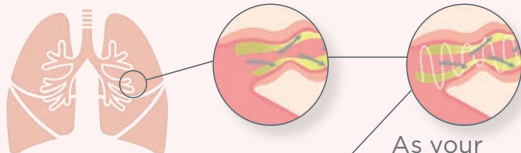
Watch the instructional video at monaghanmed.com

Why the AEROBIKA® OPEP Works

Before use, an airway is plugged with mucus.



As you exhale through the Aerobika® OPEP, your airways are opened.



As your airways open, vibrations from the Aerobika® OPEP help thin and loosen mucus which can then be coughed out.



Treatments may help your inhaled medication to work better too.²

Your doctor suggests:

Your recommended treatment time is _____ a day.

Start with _____ minutes for the first week. Add _____ minute(s) to each session each week.

Your goal is to reach _____ minutes over the next few weeks.

NOTES: _____

A higher resistance setting doesn't necessarily make your treatment more effective. It should only be set up and changed by a healthcare professional.



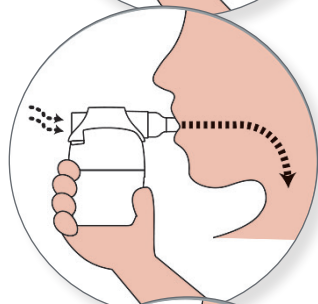
Resistance Settings

How to Use the AEROBIKA® OPEP

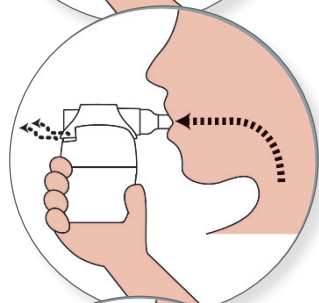
1 Close lips around mouthpiece.



2 Inhale and hold 2 to 3 seconds.



3 Exhale slowly, steadily and firmly.



4 Repeat and cough as directed.



These are abbreviated instructions for use, please remember to read the complete instructions that are packaged with your AEROBIKA® OPEP Therapy System.

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¹ S Svenningsen, M Kirby, J Suggett, A Wheatley, N Kanhere, A Hasany, S Blamires, G Parraga and DG McCormack. *Oscillatory Positive Expiratory Pressure in Chronic Obstructive Pulmonary Disease*. Abstract submitted for publication.

² Wolkove N, et al. *CHEST* 2002;121(3):702-7.