



# CAPITAL MEDICAL SUPPLIES PTY LTD

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Peak Flow Meters measure how fast you can blow air out after taking a big breath in. The scores depend on how much effort you put into blowing. It is important to blow as hard as you can.

When you have asthma your airways narrow and you will have a lower score. When you don't have asthma your airways are open wide and your score will be higher. Always use the same peak flow meter every time as readings may vary between meters.

Available as Standard Adult or Low Range -Older patients/small children )