



Aerobika® device is clinically proven to reduce COPD flare-ups.

breathlessness

chronic
cough

recurring

lung
infections



If you have experienced any of these symptoms, the **Aerobika®** device may help.

aerobika.ca

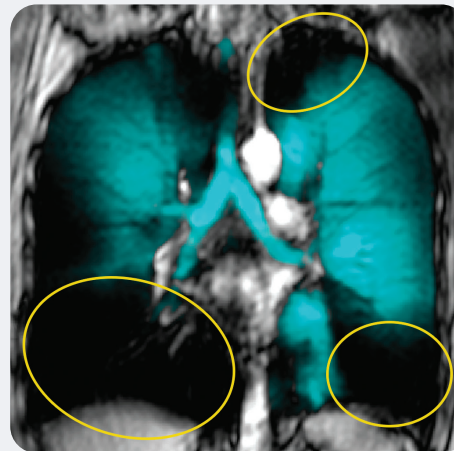


COPD=Chronic Obstructive Pulmonary Disease
Flare-up=Exacerbation

Clinically validated by MRI Lung Imaging:

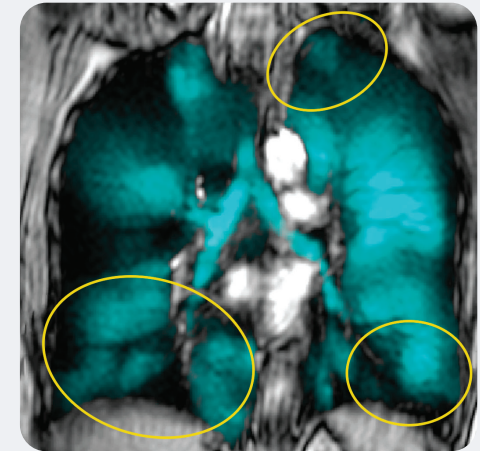
BEFORE

Baseline Care



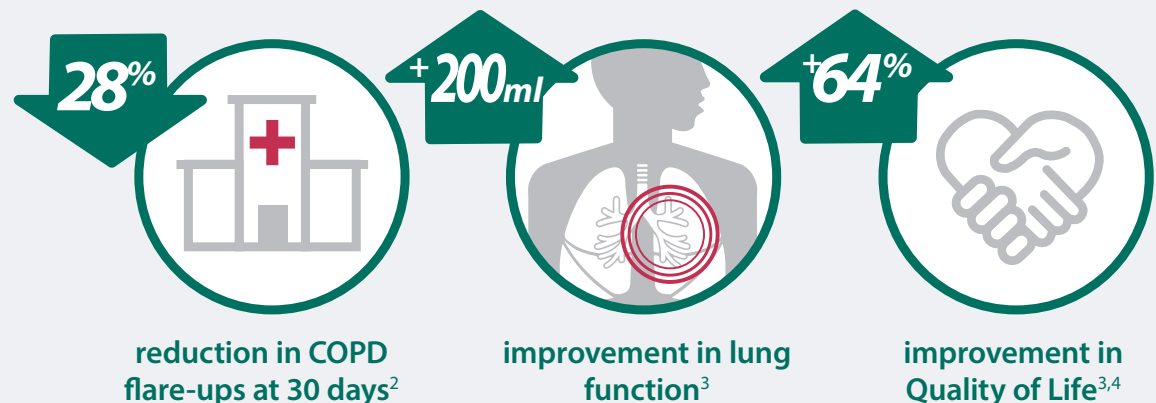
AFTER

Baseline care plus **Aerobika®** device

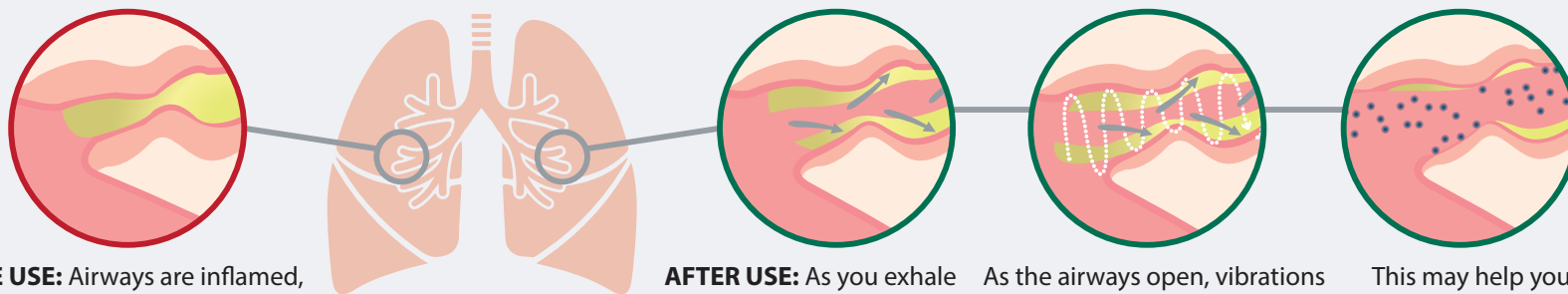


Teal colour and intensity show areas with air distribution. Yellow circles represent areas of greatest change **after 3–4 weeks of Aerobika®** device use.¹

It's time to break the flare-up cycle.



How the **Aerobika**® device works



BEFORE USE: Airways are inflamed, collapsed and plugged with mucus

AFTER USE: As you exhale through the device, the airways are opened

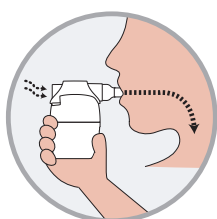
As the airways open, vibrations help thin and loosen mucus which can then be coughed out

This may help your inhaled medication work better⁵

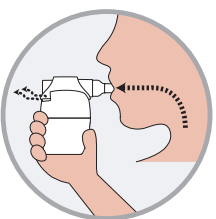
HOW TO USE



1 CLOSE LIPS around mouthpiece



2 INHALE and HOLD 2–3 seconds



3 EXHALE — slowly, steady, firmly



4 REPEAT and huff cough

HOW TO CLEAN



1 WASH in soapy water



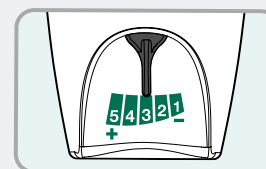
2 RINSE in clean water



3 AIR DRY thoroughly



DISHWASHER SAFE top rack in basket



Start at the middle setting. Move up or down if needed.



RECOMMENDED THERAPY GUIDE

Post-flare-up therapy



For the critical 30 days after a COPD flare-up – Administer for 10 minutes, at least twice daily.

Long-term control



For ongoing airway maintenance – Continue to use at least once a day.

For a **FREE** carrying case go to myAerobika.com

1. Svenningsen S, et al. J COPD 2016;13(1):66-74. 2. Burudpakdee C, et al. Pulm Ther 2017;3(1):163-171. 3. Adapted from Svenningsen S, et al. J COPD 2016;13(1):66-74. 4. Stockley RA. Abstract presentations: COPD10, Birmingham, United Kingdom, 2016. Chronic Obstr Pulm Dis. 2017; 4(3): 225-246. 5. Wolkove N et al CHEST 2002;121(3):702-707.



Scan to watch how to use and how to clean



BREATHE the lung association[†]

The Lung Association believes that the **Aerobika**® OPEP device is a drug-free way to open airways, clear mucus and reduce breathlessness.