



Your Peak Flow Readings

You may compare your individual results with the predicted values provided in the tables below.

Consult your doctor to ensure you are recording your values correctly.

Make sure that you keep your records up to date.

Your doctor will provide you with a management plan based on your peak flow measurements. Contact your doctor when changes in readings occur that may indicate worsening of your condition, as per his or her instructions.

Taking daily peak flow readings will help your doctor make important decisions about your asthma treatment.

Normal Predicted Average Peak Expiratory Flow (liters per minute)

| Males | | Females |
|----------------|--|----------------|
| Age | | Age |
| Height | | Height |
| (Years) | | (Years) |
| 60" | | 55" |
| 65" | | 60" |
| 70" | | 65" |
| 75" | | 70" |
| 80" | | 75" |
| 20 | | 20 |
| 554 | | 390 |
| 602 | | 423 |
| 649 | | 460 |
| 693 | | 496 |
| 740 | | 529 |
| 25 | | 25 |
| 543 | | 385 |
| 590 | | 418 |
| 636 | | 454 |
| 679 | | 490 |
| 725 | | 423 |
| 30 | | 30 |
| 532 | | 380 |
| 577 | | 413 |
| 622 | | 448 |
| 664 | | 483 |
| 710 | | 516 |
| 35 | | 35 |
| 521 | | 375 |
| 565 | | 408 |
| 609 | | 442 |
| 651 | | 476 |
| 695 | | 509 |
| 40 | | 40 |
| 509 | | 370 |
| 552 | | 402 |
| 596 | | 436 |
| 636 | | 470 |
| 680 | | 502 |

| | | |
|-----|--|-----|
| 45 | | 45 |
| 498 | | 365 |
| 540 | | 397 |
| 583 | | 430 |
| 622 | | 464 |
| 665 | | 495 |
| | | 50 |
| 50 | | 360 |
| 486 | | 391 |
| 527 | | 424 |
| 569 | | 457 |
| 607 | | 488 |
| 649 | | |
| | | 55 |
| 55 | | 355 |
| 475 | | 386 |
| 515 | | 418 |
| 556 | | 451 |
| 593 | | 482 |
| 634 | | |
| | | 60 |
| 60 | | 350 |
| 463 | | 380 |
| 502 | | 412 |
| 542 | | 445 |
| 578 | | 475 |
| 618 | | |
| | | 65 |
| 65 | | 345 |
| 452 | | 375 |
| 490 | | 406 |
| 529 | | 439 |
| 564 | | 468 |
| 603 | | |
| | | 70 |
| 70 | | 340 |
| 440 | | 369 |
| 477 | | 400 |
| 515 | | 432 |
| 550 | | 461 |
| 587 | | |

Children & Adolescents

**Height
Males &
Height
Males &**

**(inches)
Females
(inches)
Females**

43
147
55
307

44
160
56
320

45
173
57
334

46
187
58
347

47
200
59
360

48
214
60
373

49
227
61
387

50
240
62
400

51
254
63
413

52
267
64
427

53
280
65
440

54
293
66
454

Polgar G. Promadhat V: *Pulmonary Function Testing in Children: Techniques and Standards*: Philadelphia, W.B. Saunders Company 1971.

NOTE: All tables are averages and are based on tests with a large number of people. The peak flow of an individual can vary widely. Individuals at altitudes above sea level should be aware that peak flow readings may be lower than those provided in the tables.

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