

# Empowering Recovery

It's time to break the COPD exacerbation cycle.



**Aerobika** 

**77%** of COPD patients have experienced an exacerbation, increasing risk of hospitalization and driving disease progression.<sup>1</sup>

COPD=Chronic Obstructive Pulmonary Disease



029 10:55:17

DAYS

HOURS

MINS

SECS





## The countdown to her next COPD exacerbation has already begun.

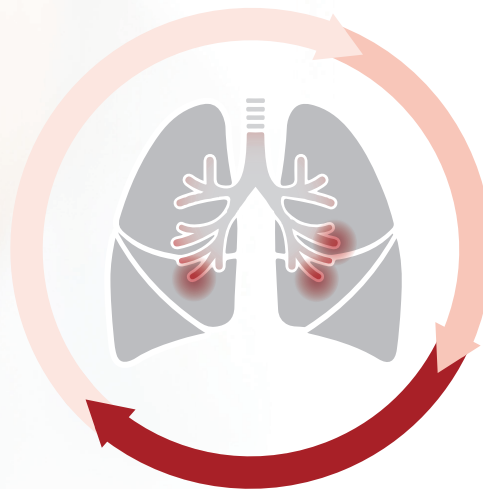
**255,000** COPD exacerbations will be treated in Canada this year.<sup>2</sup>

Acute exacerbations are the **most common reason** for medical visits, hospital admissions, and death in patients with COPD.<sup>3</sup>

1 in 5 patients hospitalized for a COPD exacerbation require re-hospitalization **within 30 days**.<sup>4</sup>

## Post-exacerbation airways in crisis: **30 days** – the critical post-exacerbation period.

**During an exacerbation,** airways are compromised by inflammation, mucus buildup, and dynamic lung hyperinflation<sup>5</sup>



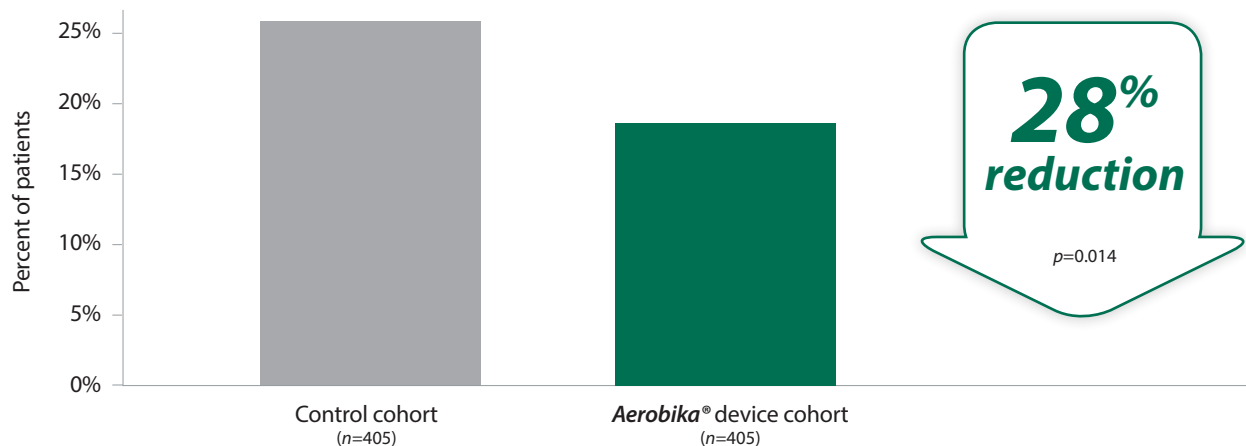
**After an exacerbation,** these factors disrupt the mechanics of ventilation and normal lung function, leading to prolonged respiratory impairment<sup>5</sup>

**Delaying recovery beyond 30 days**  
places patients at risk for further airway deterioration  
and recurrent exacerbations<sup>4</sup>

## Post-exacerbation recovery.

According to the GOLD Guidelines, the goal for treatment of COPD exacerbations is to **minimize the negative impact** of the current exacerbation and to **prevent subsequent events**.<sup>6</sup>

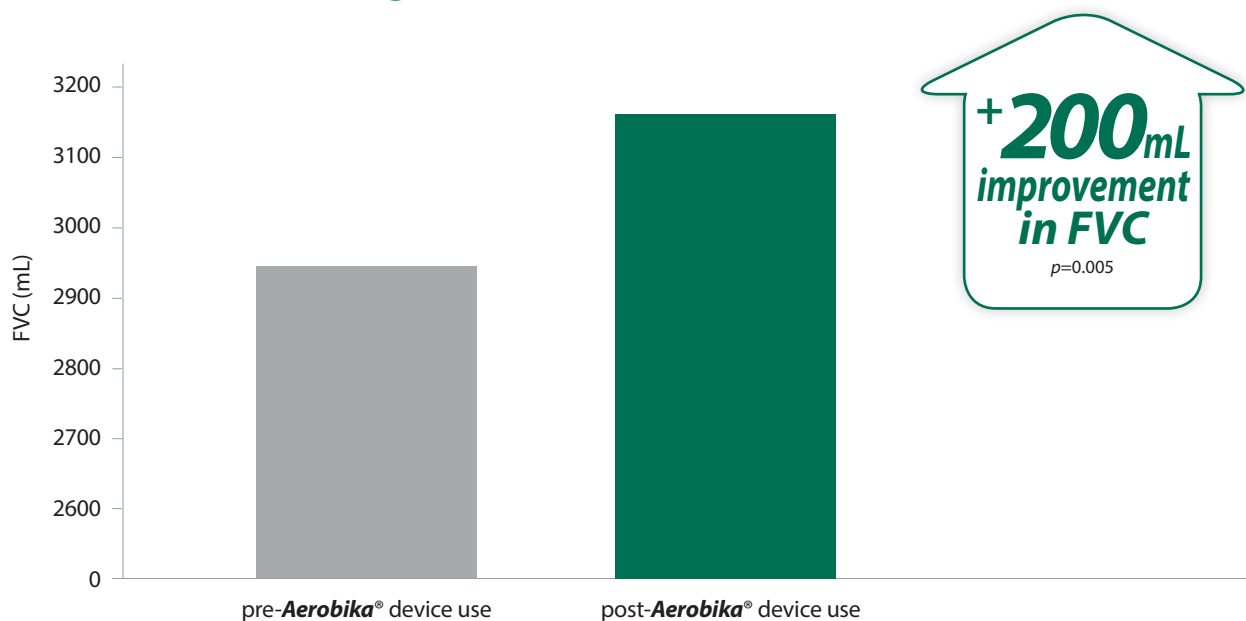
## Reduces COPD exacerbations by 28% in the critical 30 day period<sup>7</sup>



Results from the same study indicated:

- Lower oral corticosteroid and antibiotic use at 30 days following an exacerbation event ( $p \leq 0.0001$  for both)
- A trend towards decreased length of hospital stay (2.2 days)  $p > 0.05$

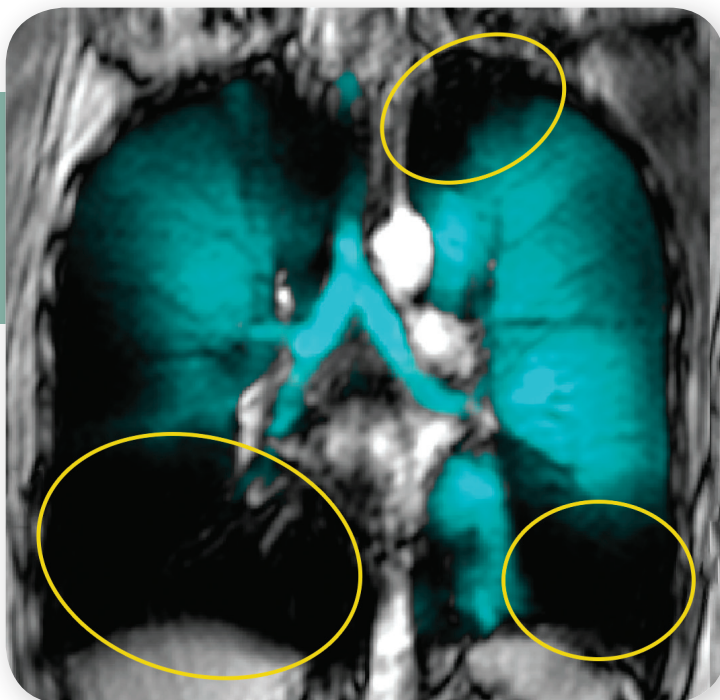
## Improves lung function in COPD<sup>8</sup>



## Improves ventilation in COPD<sup>8</sup>

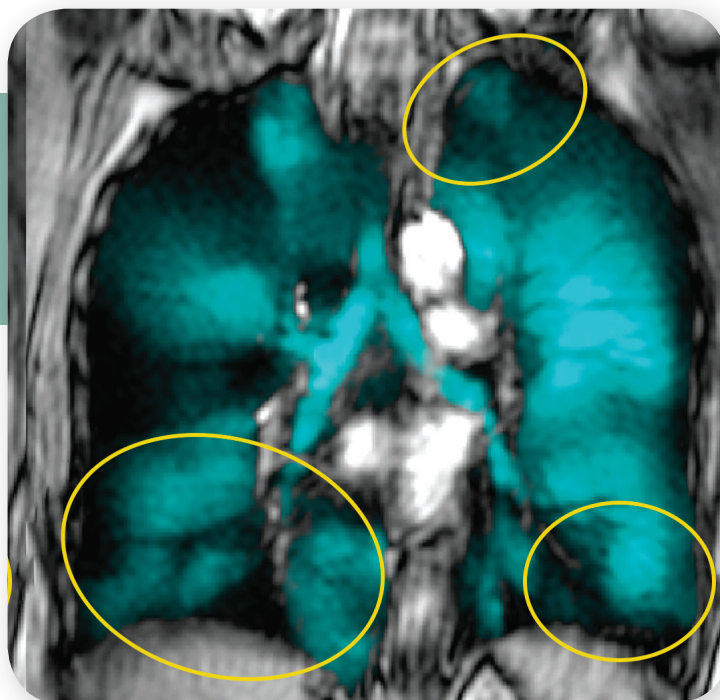
### BEFORE

Baseline care



### AFTER

Baseline care plus  
**Aerobika<sup>®</sup>** device



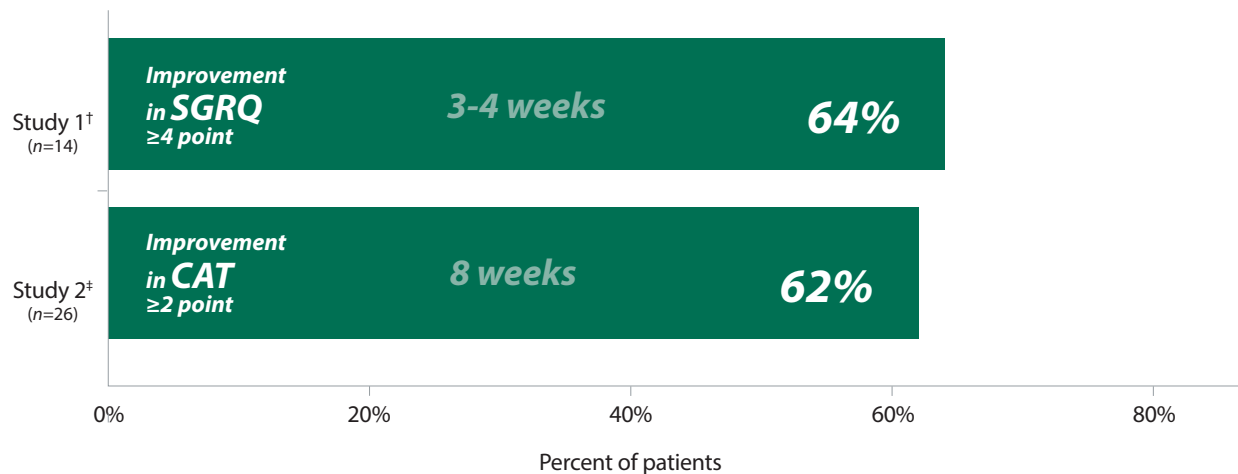
Teal colour and intensity show areas with gas distribution. Yellow circles represent areas of greatest change **after 3-4 weeks of Aerobika<sup>®</sup>** device use.

Evidence supports the **Aerobika<sup>®</sup>** device as an add-on to usual care to manage COPD patients post-exacerbation

**COST SAVINGS**

## Improves quality of life in COPD<sup>9</sup>

Responder rates for improvements greater than the Minimum Clinically Important Difference<sup>9</sup>



SGRQ = St. George's Respiratory Questionnaire; CAT = COPD Assessment Test

**Prescribe the *Aerobika*<sup>®</sup> device for post-exacerbation recovery.**

## The *Aerobika*<sup>®</sup> device. Therapeutic Guide

### Post-exacerbation therapy

For the critical 30 days after an exacerbation –  
Administer for 10 minutes, twice daily.

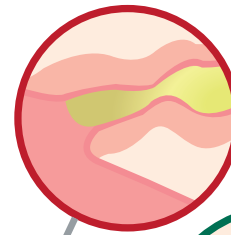
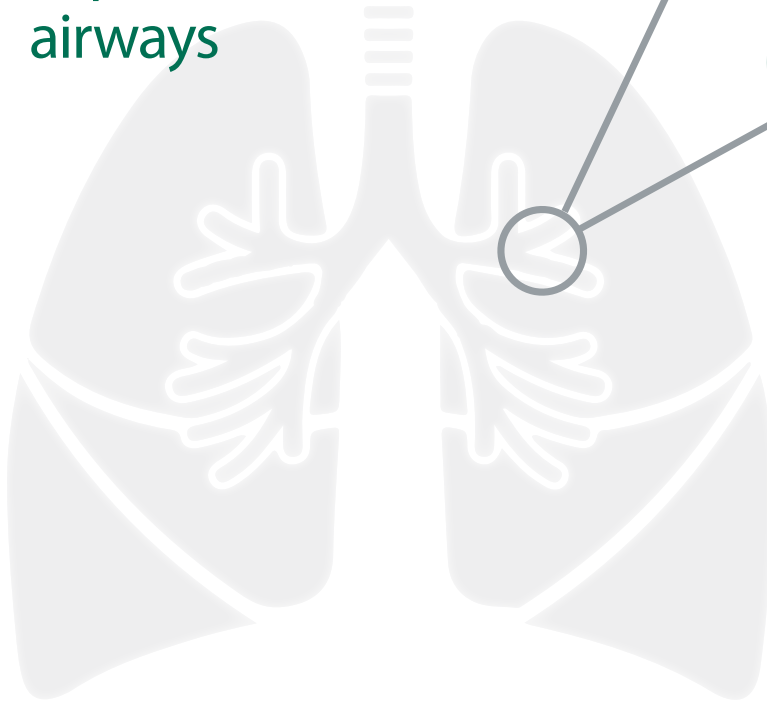
### Long-term control

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

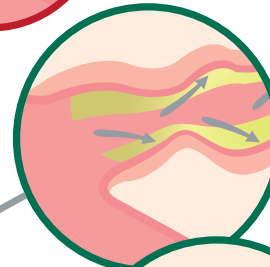
<sup>†</sup> Randomized, cross-over study evaluating the efficacy of the *Aerobika*<sup>®</sup> device after 3-4 weeks of treatment in patients with COPD and chronic bronchitis.

<sup>‡</sup> Clinical assessment of patients with COPD and chronic bronchitis over 8 weeks of treatment with the *Aerobika*<sup>®</sup> device.

Designed to address the structural and functional challenges in post-exacerbation airways

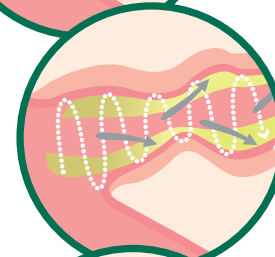


**BEFORE USE**

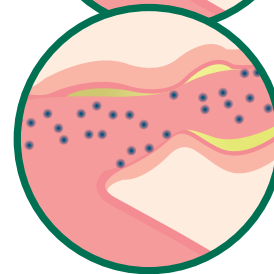


**AFTER USE**

Airways are opened



Vibrations help thin and loosen mucus



Inhaled medication may work better<sup>10</sup>

The **Aerobika<sup>®</sup>** device is drug-free and easy to use

- **Oscillations** are maintained from the start to the end of each breath
- **Resistance settings** adjust to each patient's capacity
- **Easy to clean** and **disinfect**
- **Clinically proven** to reduce exacerbations, improve lung function, reduce costs and improve patient quality of life<sup>7,8</sup>





**In a patient satisfaction survey,  
97% of respondents said they would  
continue to use the Aerobika<sup>®</sup> device.<sup>11†</sup>**

- **Drug-free**, handheld device designed to address the structural and functional challenges in the airways of patients with COPD
- **Clinically proven** to reduce exacerbations and increase lung function<sup>7,8</sup>
- Improve patient **quality of life**<sup>7,8</sup>

†Patient satisfaction survey given to 504 patients after ≥3 weeks of twice-daily use of the Aerobika<sup>®</sup> device.



**Prescribe the Aerobika<sup>®</sup> device for post-exacerbation recovery.**

## AVAILABLE IN RETAIL PHARMACIES

References: 1. Barnes N, et al. BMC Pulm Med. 2013;13:54. 2. Global Data. Chronic Obstructive Pulmonary Disease (COPD) – Epidemiology Forecast to 2023. 3. Lawati NAI, et al. BCMJ 2008;50(3):138-142. 4. Shah T, et al. Chest. 2016;150(4):916-926. 5. O'Donnell DE, Parker CM. Thorax. 2006;61(4):354-61. 6. Global Initiative for Chronic Obstructive Lung Disease. Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease. 2015. 7. Burudpakdee C, et al. Pulmonary Therapy 2017;3(1):163-171. 8. Svenningsen S et al. Journal of COPD 2016;13(1):66 – 74. 9. Stockley RA. Abstract presentations: COPD10, Birmingham, United Kingdom, 2016. Chronic Obstr Pulm Dis. 2017; 4(3): 225-246. doi: http://doi.org/10.15326/jcopdf.4.3.2017.0137. 10. Wolkove N, et al. Use of a mucus clearance device enhances the bronchodilator response in patients with stable COPD. CHEST 2002;121(3):702-7. 11. Harkness H, et al. Presented at: Canadian Respiratory Conference. April 23–25, 2015. Ottawa, Ontario.



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B R E A T H E  
the lung association<sup>†</sup>

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



Designed and  
Developed in Canada



MEDICAL  
DESIGN  
EXCELLENCE  
AWARDS<sup>†</sup>

2014 GOLD WINNER

**aerobika.ca**