

KAMU Asthma®

PREDICTIVE SELF-MANAGE SERVICE FOR ASTHMA

KAMU Asthma is a predictive self-management service for asthma, developed in Finland in collaboration with asthmatics and doctors. Measure your lung function with the mobile spirometer and monitor your condition with the smartphone app. The service also helps in collaborating with healthcare professionals. With a good self-care routine, most people living with asthma can live life to the fullest.



Know your condition and take action – be the best expert on your asthma.

SPIROMETRY TEST AT HOME

- Get an accurate and comprehensive picture of your lung condition at home: FEV1, FEV6, FEV1/FEV6, FVC and PEF values all with a single test
- Taking the test is easy: just turn on the spirometer and blow – the device will beep after 6 seconds
- The device gives you feedback and guides you to blow better
- Measure your lung function anywhere and anytime, and synchronize the results later to KAMU Asthma app via Bluetooth
- A long-lasting battery, charge with USB-C cable

MANAGE YOUR SELF-CARE

- Log your symptoms, medication and triggers quickly and easily in the smartphone app (available for iOS and Android)
- Get weather and air quality forecasts for the following days and prepare for changes
- View your spirometry results
- Monitor in the trend view how your medication and triggers affect your asthma
- Share reports with your doctor or loved ones
- Set reminders for taking a spirometry test, taking medication and making journal entries

With KAMU Asthma, you can easily manage your medication and symptoms and keep up with your asthma triggers, such as changes in temperature and air quality. You can monitor your lung function anywhere and anytime, and download a self-care report from the service and share it with your doctor or loved ones. KAMU Asthma self-management service accommodates the official treatment guidelines and is based on the newest research. The service is a CE-marked medical device.

"The KAMU service makes a doctor's work significantly more straight forward: treating the patient becomes easier when there's more information available on their condition. KAMU provides reliable and comparable data. Compared to traditional PEF monitoring, KAMU gives a more complete picture of the patient's condition. It's also easy for the patient to share their information with the doctor, which means they often don't need to visit the clinic but can have a consultation on the phone instead."

-Professor **Mika Mäkelä**, Helsinki University Hospital



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