



Dr. Paul Ehrlich
Asthma & Allergy Associates of Murray Hill
New York, New York

Case A

A ten-year old boy was being treated with inhaled corticosteroids, with good results. His asthma was well controlled. However, he had begun to wheeze and his father called up, asking if the child should perhaps be put on oral steroids.

The doctor's physical exam and questions about environmental and behavioral factors revealed no criteria for out-of-control asthma. However, there certainly was noise in the chest. Using NIOX MINO, Dr. Ehrlich found a FeNO of 9, so clearly inflammation was not the problem, and thus more intensive treatment of his asthma wasn't indicated.

Instead, he suggested treating the boy for bronchitis. Since there was no fever, the doctor chose to treat him with Mucinex, but not with antibiotics. The Mucinex loosened the mucus and the condition cleared up over a period of a few days.

Dr. Ehrlich's use of the compact NIOX MINO allowed him to eliminate inflammation instantly as an issue in this boy's health and treat with an over-the-counter medication instead of resorting to an oral steroid.

Case B

A teenager was doing very well on a course of inhaled corticosteroids. However, he arrived at the office one day wheezing and coughing. Dr. Ehrlich took a careful history and found nothing that indicated environmental or other reasons why the boy's asthma should suddenly flare up.

He asked the boy specifically if he had been taking his inhaled medication as directed, and the patient emphatically said that he had. Using the NIOX MINO, Dr. Ehrlich found a FeNO level of 51, and again he asked the patient if he had been taking his medication as directed. He said to the boy that inflammation had increased and that the machine didn't lie, at which point the boy admitted that he hadn't told the truth.

Dr. Ehrlich finds that being able to pinpoint inflammation levels by use of NIOX is a great help in monitoring compliance even with patients who are not always the best witnesses.