



Dr. Dean Mitchell
Ocean Allergy & Asthma
New York, New York

A 47-year old Asian-American male moved to New York City from Seattle. An avid basketball player and exercise buff, the patient had a 10-15 year history of exercise-induced shortness of breath, which had been treated with Theo-Dur. His symptoms grew worse during the spring tree pollen season. He also had a history of high blood pressure, which was treated with a combination of medications.

The move to New York had a drastic effect on his exercise capacity. Instead of his accustomed 3-mile run with no ill effects, he began to experience chest tightness after only five minutes of activity. A short-acting beta agonist was added prior to consulting the specialist, but his trouble persisted.

Dr. Mitchell's physical exam revealed no chest sounds. However, the FEV-1 level was 56% and ACT was 9. NIOX MINO measuring Nitric Oxide indicated a high level of underlying inflammation—FeNO of 118.

The patient was put on Advair 250/50 twice a day. After two weeks, the FeNO reading was down to 52, and Advair dosage was reduced to 100/50 (FeNO since reduced to 35.3%).

Dr. Mitchell has utilized NIOX FLEX and NIOX MINO approximately 300 times. He notes that the precise reading of nitric oxide levels helps guide treatment options and permits more precise dosage levels.