



Dr. Jacob Hen

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A 12-year old girl came to Dr. Hen with a diagnosis of asthma by both a pediatrician and a pulmonologist, but had only been monitored for some time by an APRN. The diagnosis was made on the basis of office spirometry and x-rays, and she was maintained on high-dose inhaled steroids. After many months in which the treatment was never altered, her parents decided to seek another opinion and came to Dr. Hen, who is certified in pediatrics and pediatric pulmonology, with an emphasis in critical care.

Pulmonary function was totally normal. Dr. Hen used Aerocrine's NIOX MINO technology to measure the girl's inflammation. It showed eNO of 11. He immediately reduced her steroids to low doses and a subsequent reading showed a modest rise, the eNO 12.

Dr. Hen says that the immediate precise measurement of the patient's exhaled nitric oxide was instrumental in allowing the reduction of her inhaled steroids. "I would not have done it so fast if it hadn't been for the NIOX MINO. It gave me valuable information to tell me that she did not need high dose inhaled steroids which pulmonary function testing and chest xrays may not give you".

A large proportion of Dr Hen's patients are classified as severe persistent asthma at first office visit. He believes that the NIOX MINO allows him to more finely calibrate his use of medications that can have serious long-term side effects and reclassify many of them down to mild persistent asthma.

Dr. Jacob Hen is the Director of Pediatric Intensive Care Unit, Chief Pediatric Pulmonology and Director, Pediatric Asthma Center with Bridgeport Hospital. He practices with Mill Hill Medical Consultants in Bridgeport, Connecticut.