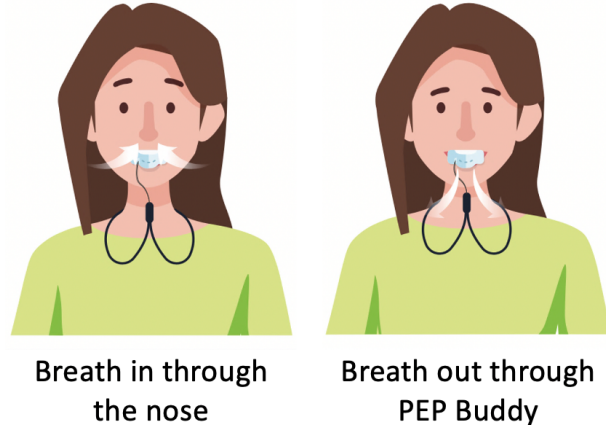


# PEP BUDDY

## ○ What is PEP-Buddy?

- **A light-weight, handsfree, positive expiratory pressure (PEP) device**
- Attached to lanyard for easy accessibility & held in mouth like a whistle
- **Designed for use during activities and rest**
- Various grades of PEP available



## ○ How does PEP-Buddy work?

PEP-Buddy works through 4 mechanisms:

- 1) It provides **positive pressure during exhalation** (back pressure), which keep the airways open to prevent air trapping and airway collapse.
- 2) It **slows down the respiratory rate**.
- 3) It **prolongs exhalation** time.
- 4) It provides a **point of focus** for breathing.

These mechanisms help reduce dynamic hyperinflation and its consequences during activities. Hence improving dyspnea, oxygenation, and exercise tolerance. Such breathing pattern also help reduce stress and anxiety.

## ○ What are the benefits of using PEP-Buddy in COPD?

The clinical trial of PEP Buddy use in patients with COPD was conducted at the University of Cincinnati, Ohio, USA. Participants with moderate-to-severe COPD were included and outcomes were assessed during exercise and after two weeks of PEP Buddy using during daily routine and activities.

23 of 32 **(72%)** had a significant & meaningful improvement in **Dyspnea**  
(BORG, SOBQ, or both)



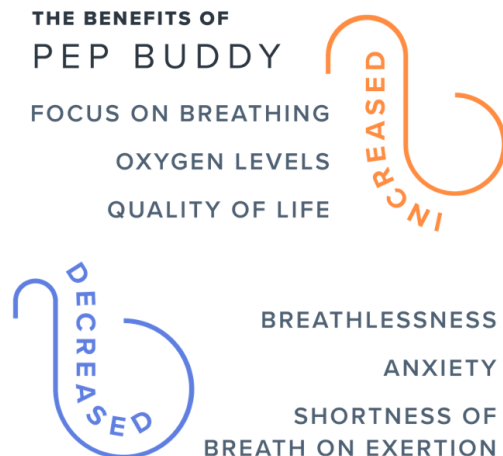
5 of 14 **(36%)** had a significant & meaningful improvement in **Exertional Desaturation**  
(Nadir SpO<sub>2</sub> > 88%, ΔSpO<sub>2</sub> ≥ 4%)



Zafar MA, et al. A Hands-free, Oral, Positive Expiratory Pressure Device for Exertional Dyspnea and Desaturation in COPD. *Respir Care*. 2022 Sep 23:respcare.10278. doi: 10.4187/respcare.10278.

People found PEP Buddy useful in different ways:

- **During exertion** to reduce dyspnea & desaturation
- **After exertion** for faster recovery
- **Before exertion** for better rhythm
- **Stress reduction**



○ How to use PEP-Buddy?



## COPD, Emphysema, & Lung Diseases

PEP Buddy slows breathing, prolongs exhalation, and gives positive expiratory pressure.

1

Hold PEP Buddy with your lips.



2

Breathe in through your nose.



3

Make a seal with your lips. Breathe out through PEP Buddy.



4

Keep PEP Buddy with you at all times. Use during activities, breathless episodes and while recovering after activities.



5

Wash with soap and water, or place in dishwasher.



## Mindful Breathing & Stress Reduction

PEP Buddy slows breathing, prolongs exhalation, & focuses breathing.

1

Hold PEP Buddy with your lips.



2

Breathe in through your nose.



3

Make a seal with your lips. Breathe out through PEP Buddy.



4

Breathe for 2-3 minutes. Relax and focus on breathing. Repeat 2-3 times a day & in stressful situations.



5

Wash with soap and water, or place in dishwasher.



- **What are the different levels of PEP-Buddy? What is the difference? which one is right for my use?**

There are two levels of PEP-Buddy are available.

- **Level 1:** provides a resting PEP of 4 cm of H<sub>2</sub>O, exertional PEP of 7 cm of H<sub>2</sub>O, and reduces respiratory rate by 20%.
- **Level 2:** provides a resting PEP of 7 cm of H<sub>2</sub>O, exertional PEP of 10 cm of H<sub>2</sub>O, and reduces respiratory rate by 40%.

**Level 1: 4 holes**

PEP 4cm H<sub>2</sub>O, Resp rate ↓ 20%



Easier to use  
Better for beginners

**Level 2: 3 holes**

PEP 7cm H<sub>2</sub>O, Resp rate ↓ 40%



Better for advanced users  
Those who practice pursed-lip breathing

Ideally people should have both so they can use the one that works best for them for that day based on symptoms.

- **Where can I find more information?**

You can find more information from our website <https://pepbuddy.com/>

Feel free to contact us at [connect@pepbuddy.com](mailto:connect@pepbuddy.com)