



Asthma and the usage of peak flow meter

A [peak flow meter](#) is a device that measures the ability of an asthma patient to blow air. The normal range of peak flow is 450-550 L /min in adult males and 320-470 L/min in adult females. When the person is not able to blow air out of the lungs till that range then it indicates the severity of the condition. At such times, it is crucial to visit a doctor. For further insights, watch this video.