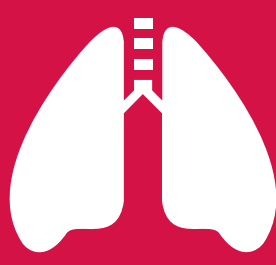


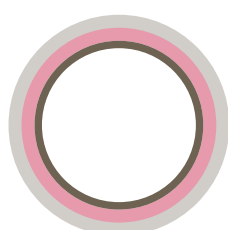
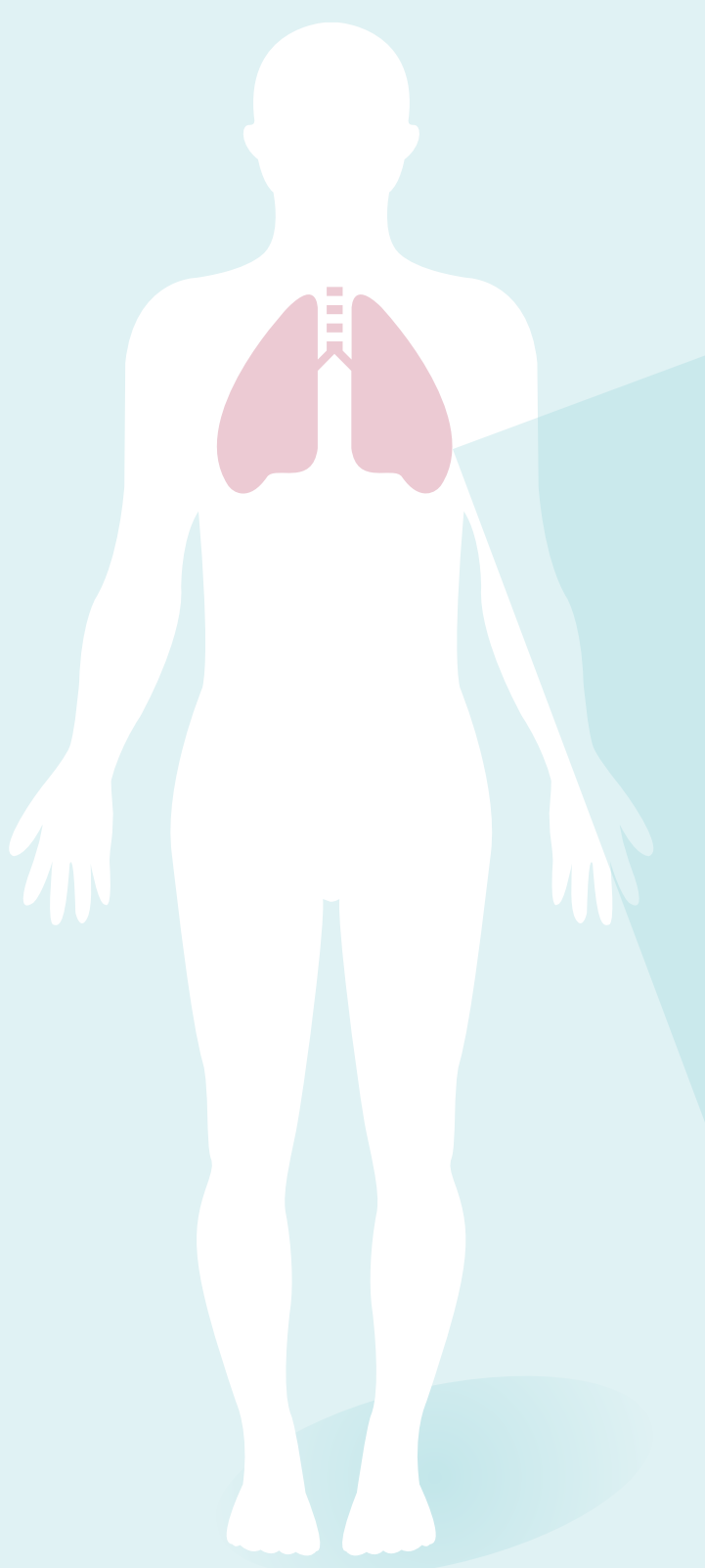
# What is Bronchiectasis?



(brong-kee-EK-tuh-sis)

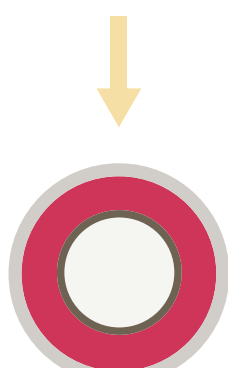
Bronchiectasis is an irreversible, chronic condition where airways in your lungs become damaged and abnormally widened from recurring inflammation or infection.

## What's Happening in Your Lungs?



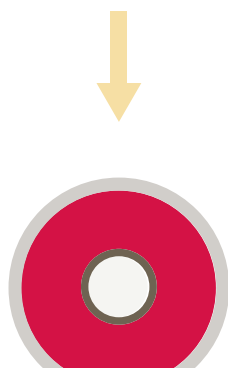
Healthy Airway

Your airways (bronchi) allow you to move air in and out of the lungs naturally.



Inflamed

With bronchiectasis, your airways are repeatedly damaged, making it difficult for your lungs to mobilize and clear mucus.



Bronchiectasis

As mucus builds, your lungs become infected, which over time impairs their ability to naturally inhale and exhale.

Prevalence of bronchiectasis in patients with COPD has been estimated to range from

# 27-57%

### Did You Know?

In 2013, the number of adults diagnosed with bronchiectasis in the U.S. was estimated to be between 340,000 and 522,000.<sup>5</sup>

## Do You Have Bronchiectasis?

Bronchiectasis affects everyone differently, but common symptoms include:



Frequent Cough



Respiratory Infections



Shortness of Breath



General Fatigue

## How Can You Manage Bronchiectasis Symptoms?

### Lifestyle



#### Stay Active

Daily exercise builds muscle and strengthens your heart rate. Exercises such as swimming, walking, or yoga can help loosen mucus in the lungs.



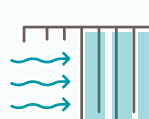
#### Avoid Smoke

Stay away from second-hand smoke, wood stoves, and chimneys to avoid inhaling harmful air particles that can infect your lungs.



#### Eat Well

A healthy diet of fiber and protein can help build your immune system to fight lung infection.



#### Clean Air Filters

Change your HVAC air filters every 30 days to reduce the spread of dust particles and indoor air pollutants in your home.

### Airway Clearance



#### What is Airway Clearance?

High frequency chest wall oscillation (HFCWO) via the SmartVest Airway Clearance System delivers rapidly repeating pulses of air that loosens, thins, and propels mucus toward major airways where it can be easily coughed out.

### Airway Clearance May Help Patients See:



#### A Reduction in Antibiotics

SmartVest users reported a **57% decrease in antibiotic prescriptions** after using the respiratory vest for bronchiectasis treatment.<sup>6</sup>



#### A Reduction in Hospital Stays

Patients who used SmartVest as a bronchiectasis treatment experienced a **reduction in hospitalizations by 59%**.<sup>6</sup>



#### An Improved Quality of Life

**68% of patients** reported an improvement in their quality of life after one year of using SmartVest.<sup>6</sup>

To learn more about bronchiectasis and airway clearance therapies, visit [smartvest.com/airway-clearance](http://smartvest.com/airway-clearance).

**smartvest**<sup>®</sup>

AIRWAY CLEARANCE SYSTEM

#### Questions?

Contact SmartVest at **800.462.1045** or visit [smartvest.com](http://smartvest.com).

#### REFERENCES:

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<sup>2</sup>Patel I.S., et al. Bronchiectasis, exacerbation indices, and inflammation in chronic obstructive pulmonary disease. *Am J Respir Crit Care Med*. 2004;170:400-7.  
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<sup>4</sup>Bafadhel M, et al. The role of CT scanning in multidimensional phenotyping of COPD. *Chest*. 2011;140:634-42.  
<sup>5</sup>Weycker D, Hansen G, Seifer F. Prevalence and incidence of noncystic fibrosis bronchiectasis among US adults in 2013. *Chronic Respiratory Disease*. 2017; 14(4):377-384.  
<sup>6</sup>SmartVest. "Cost-Effective Analysis of Using High Frequency Chest Wall Oscillation (HFCWO) in Patients with Non-Cystic Fibrosis Bronchiectasis."