



Peak Expiratory Flow Predicted Values

These peak expiratory flow (PEF) tables are averages and are based on tests with a large number of people. An individual's PEF may vary widely. Further, many individuals' PEF values are consistently higher or lower than the average values. It is recommended that PEF objectives for therapy be based upon each individual's "personal best," which is established after a period of PEF monitoring while the individual is under effective treatment.

Visit the virtual health library of our UNC Campus Health Services web site (campushealth.unc.edu) for more information about peak flow monitoring. Click on asthma and check out the Carolina asthma survival guide.

Table 1*
Predicted Average Peak Expiratory Flow for Normal Males

Age	Height				
	60"	65"	70"	75"	80"
20	554	602	649	693	740
25	543	590	636	679	725
30	532	577	622	664	710
35	521	565	609	651	695
40	509	552	596	636	680
45	498	540	583	622	665
50	486	527	569	607	649
55	475	515	556	593	634
60	463	502	542	578	618
65	452	490	529	564	603
70	440	477	515	550	587

Table 2*
Predicted Average Peak Expiratory Flow for Normal Females

Age	Height				
	55"	60"	65"	70"	75"
20	390	423	460	496	529
25	385	418	454	490	523
30	380	413	448	483	516
35	375	408	442	476	509
40	370	402	436	470	502
45	365	397	430	464	495
50	360	391	424	457	488
55	355	386	418	451	482
60	350	380	412	445	475
65	345	375	406	439	468
70	340	369	400	432	461

*From *Guidelines for the Diagnosis and Management of Asthma*. National Asthma Education Program: Expert Panel Report/NHLBI. August 1991.

Discuss with your Health Care Provider What to Do When Peak Flow Numbers Change

The most important thing about peak flow is how much it changes from your personal best number and from one reading to another (Table 3).

Table 3: Calculated Percentages of Peak Flow

If peak flow is...	then percentage of PF is...		
	80%	60%	50%
750	600	450	375
725	580	435	362.5
700	560	420	350
675	540	405	337.5
650	520	390	325
625	500	375	312.5
600	480	360	300
575	460	345	287.5
550	440	330	275
525	420	315	262.5
500	400	300	250

If peak flow is...	then percentage of PF is...		
	80%	60%	50%
475	380	285	237.5
450	360	270	225
425	340	255	212.5
400	320	240	200
375	300	225	187.5
350	280	210	175
325	260	195	162.5
300	240	180	150
275	220	165	137.5
250	200	150	125
225	180	135	112.5
200	160	120	100

DON'T FORGET

A decrease in peak flow of 20 to 30 percent of your personal best may mean the start of an asthma episode. When this happens, follow your asthma management plan for treating an asthma episode.