

Rowena D. Pingul-Ravano, MD, FAAFP
Chief of Family Medicine
UPMC Magee Women's Hospital
pingulravanord@upmc.edu
<https://dr-rows-555.com>

Patient Name _____



Dr. Row's 555 Breathing Technique

Dr. Row's 555, do 1-3 times daily as needed

5 steps, 5 seconds each, repeat 5 times:

Inhale for 5 seconds

Hold breath for 5 seconds

Exhale for 5 seconds

Hold breath for 5 seconds

Relax and breathe normally for 5 seconds

Dispense # 30

Refills # 11

Physician Name Rowena D. Pingul-Ravano, MD

Physician Signature _____

A handwritten signature in black ink, appearing to read 'Rowena D. Pingul-Ravano, MD', written over a horizontal line.

