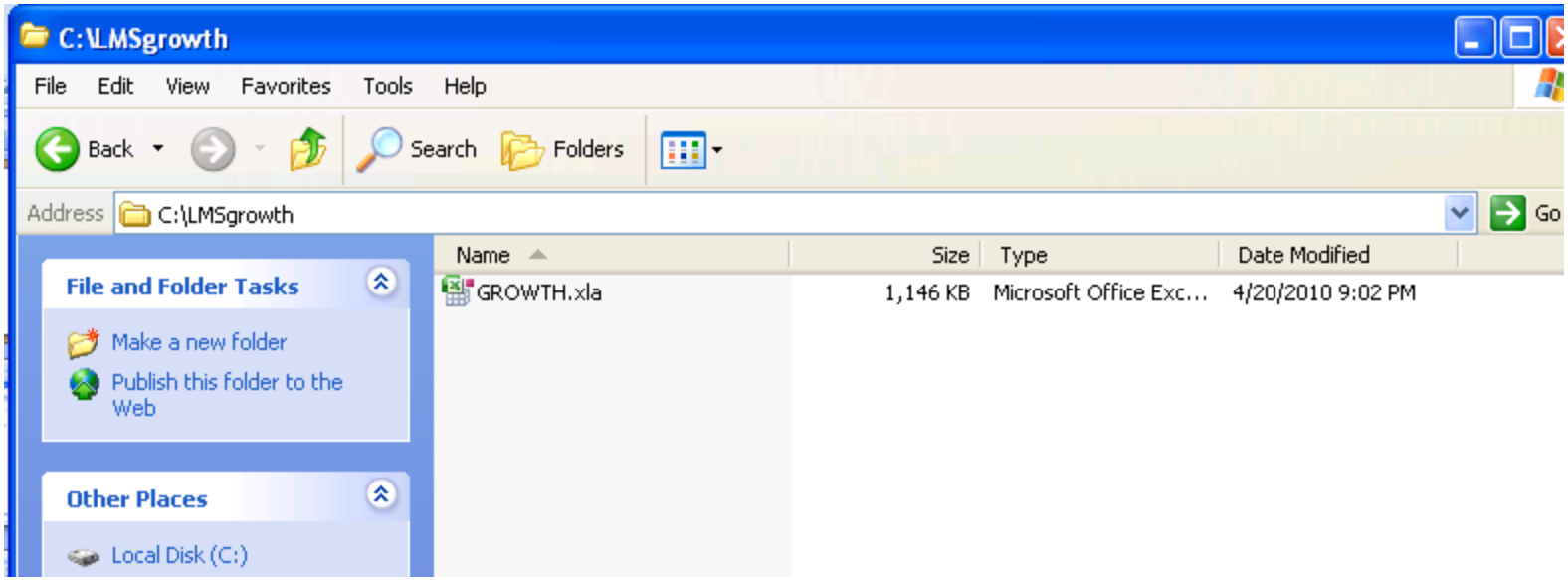
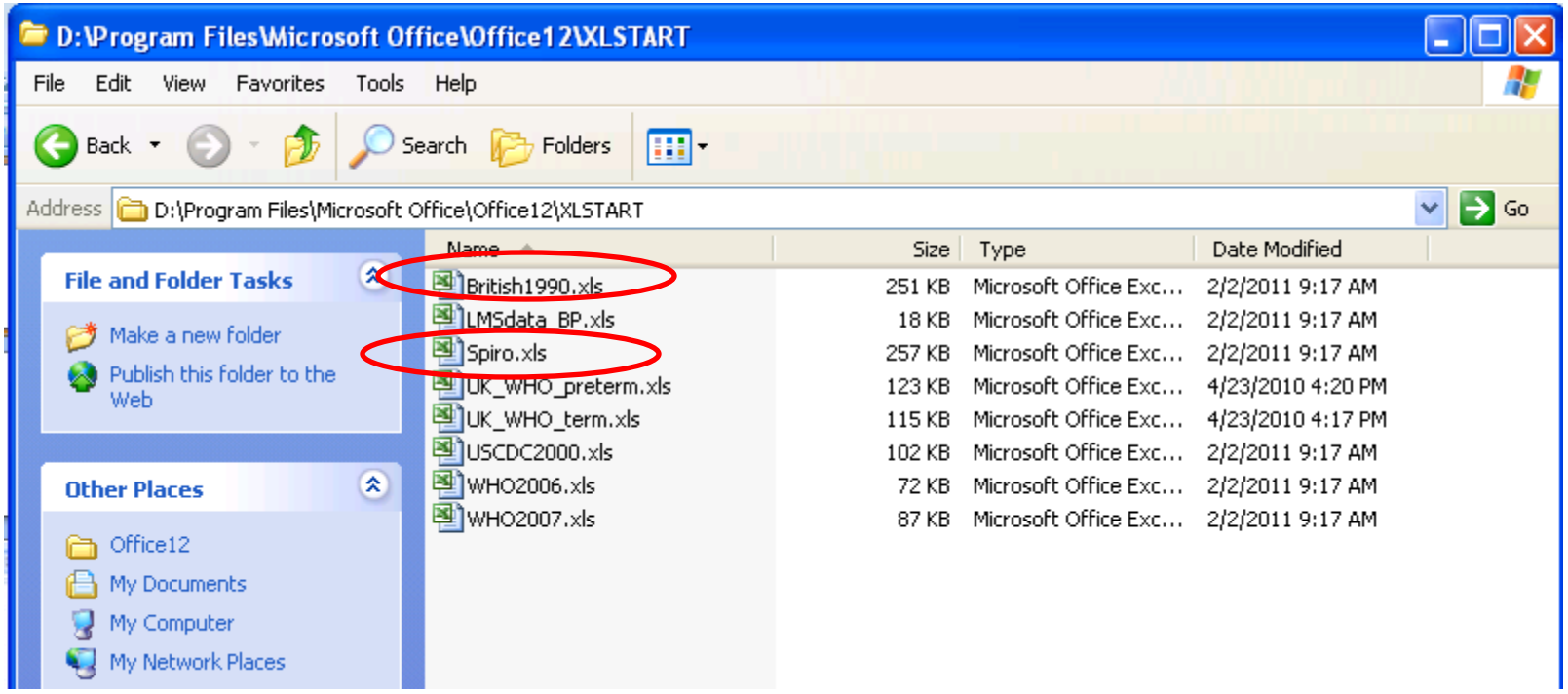
Growth.xla

1. Create a new folder on your C Drive called “LMSgrowth”
2. Copy the “Growth.xla” file to this folder



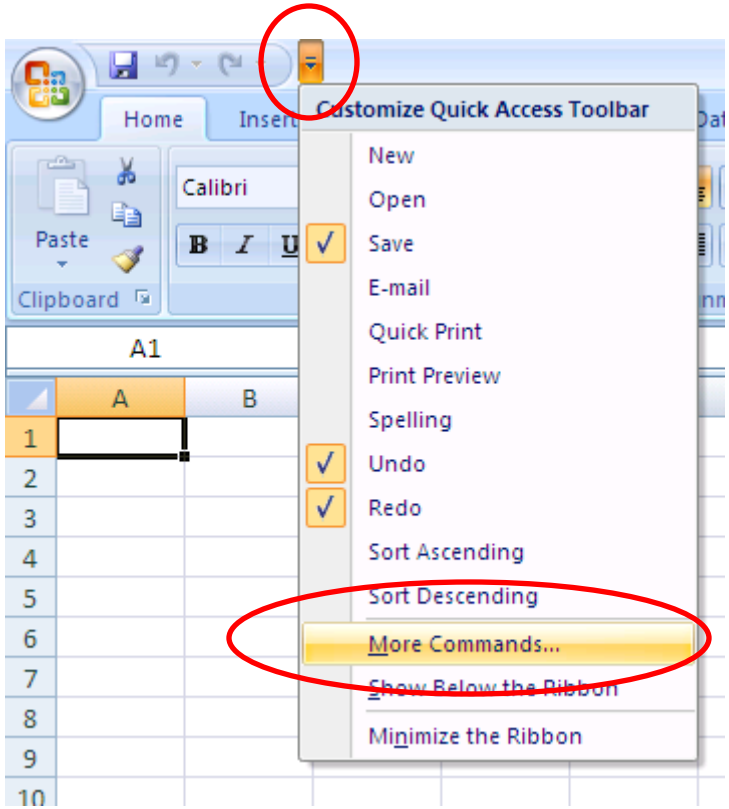
XLSTART

1. Find the XLSTART folder on your computer
2. Copy “British1990.xls” AND “Spiro.xls” to this folder
3. You may also wish to copy the other reference tables available (i.e. WHO growth charts)



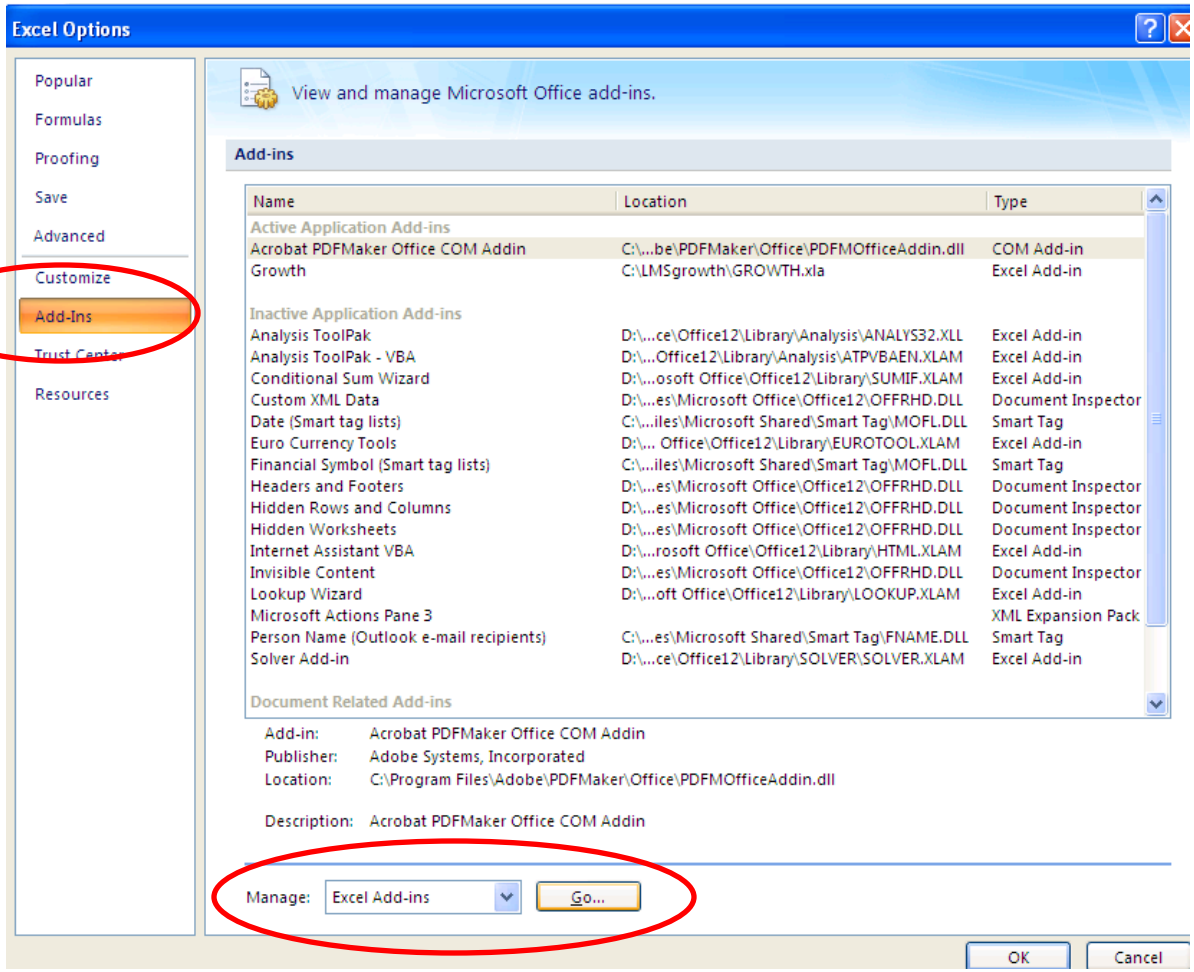
Install the Excel Addin

1. Open Excel and open a blank worksheet
2. Click on the arrow and More Commands as demonstrated



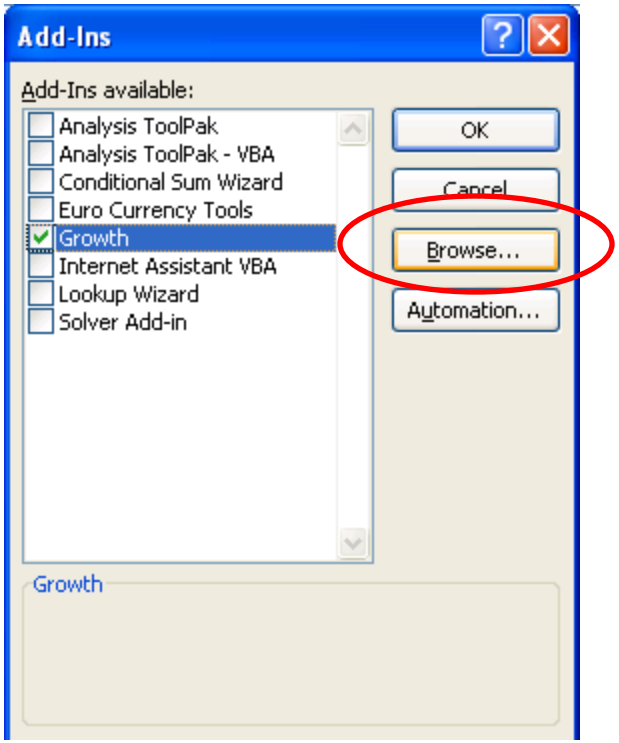
Install the Excel Add-in

1. Click on Add-Ins
2. Click on Manage Excel Add-ins



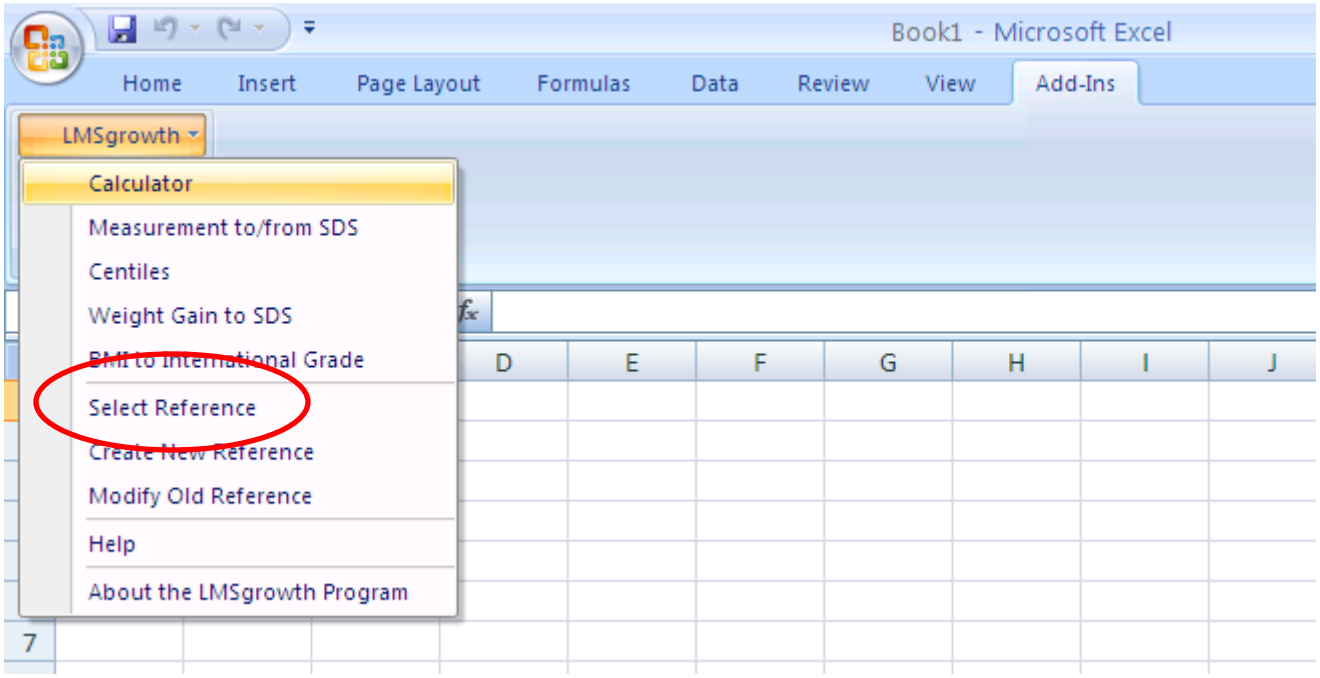
Search for Growth.xla

1. Click on Browse
2. Go to C:/LMSgrowth/
3. Select Growth.xla



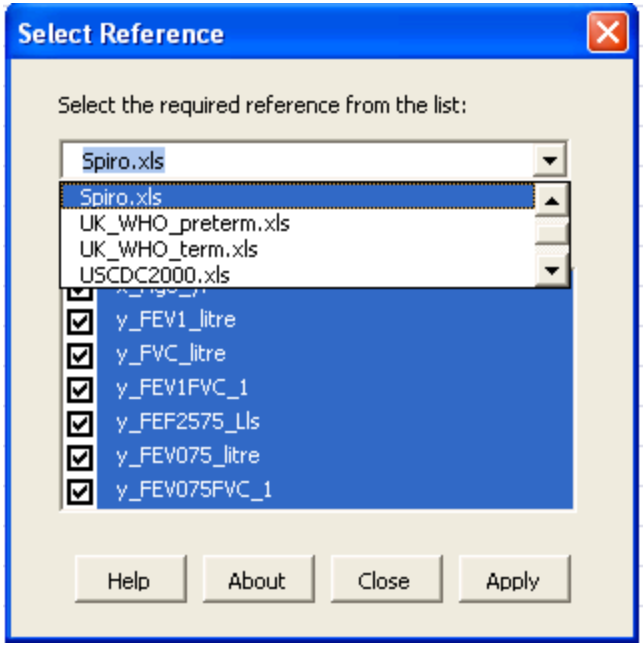
Instal Spiro.xls

1. On the right hand side click “Add-Ins”
2. Select LMSgrowth
3. Select Reference



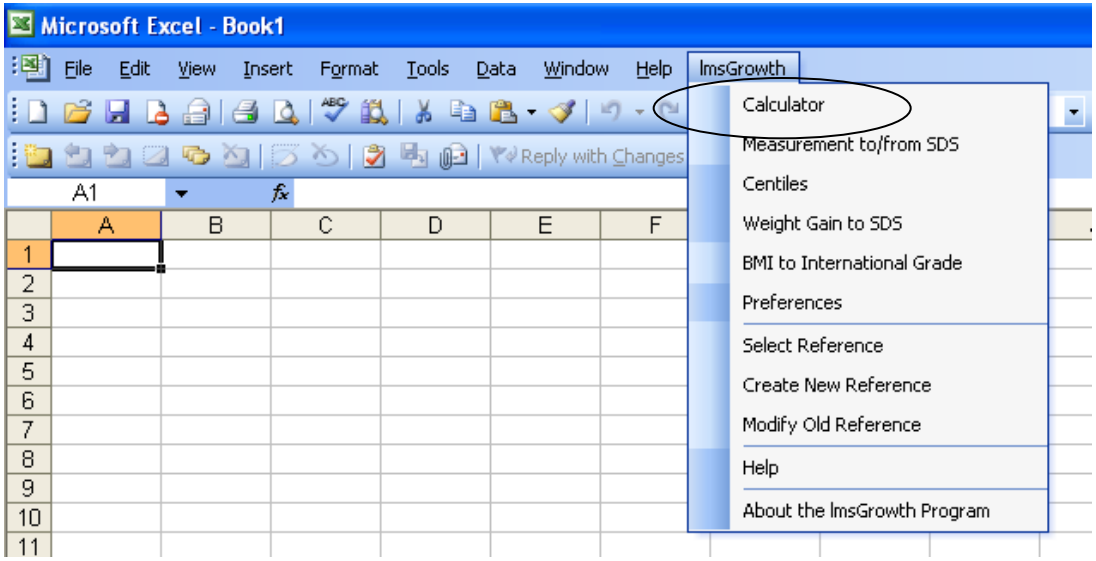
Instal Spiro.xls

1. Select “Spiro.xls”
2. Ensure all the outcomes you want are checked

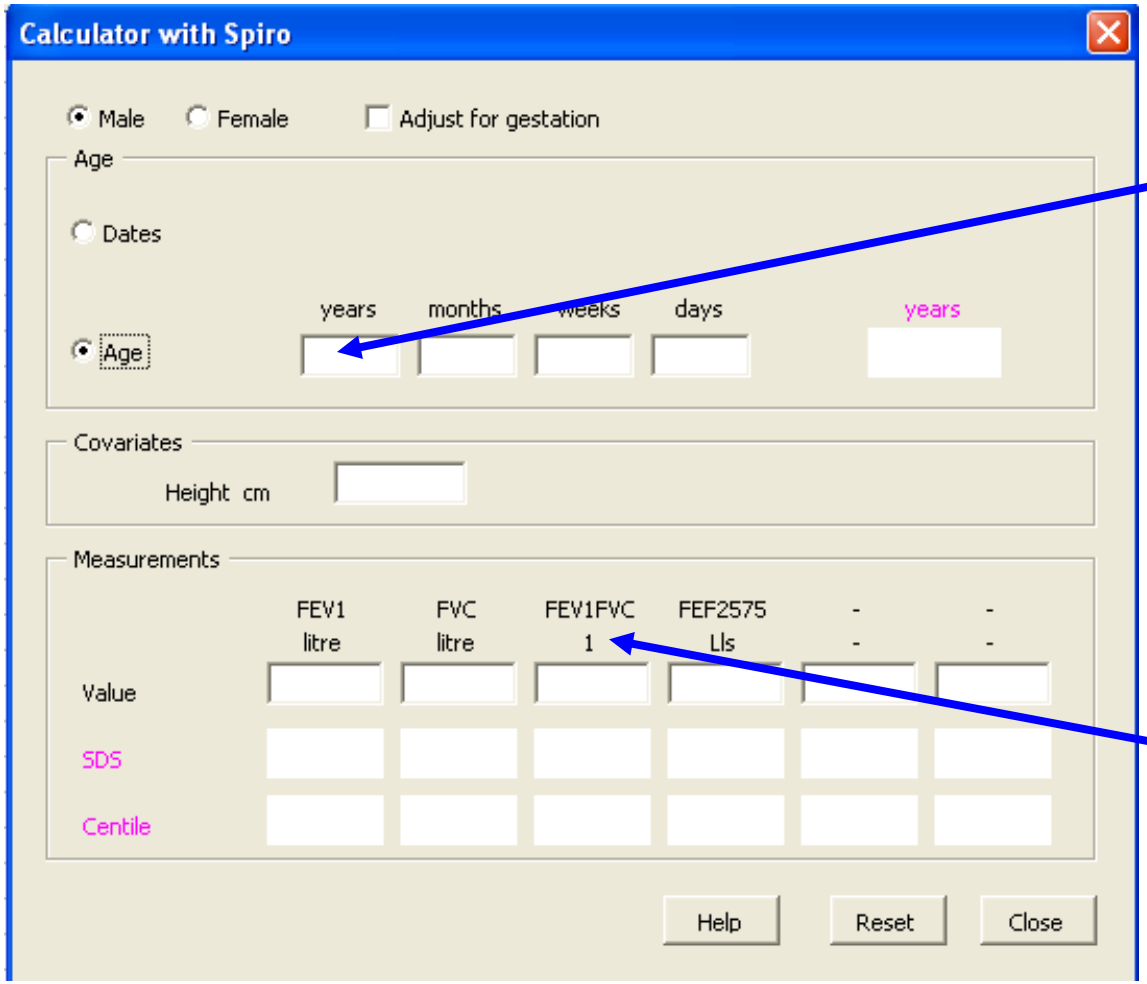


To Compare an Individual Result

- Click lmsGrowth
- Click Calculator



The Calculator



Note: Age can be entered as 14.3 in the years box

Note: FEV_1/FVC is a ratio NOT a percentage

In this program SDS and z-score are interchangeable terms

The Calculator: An Example

- Enter

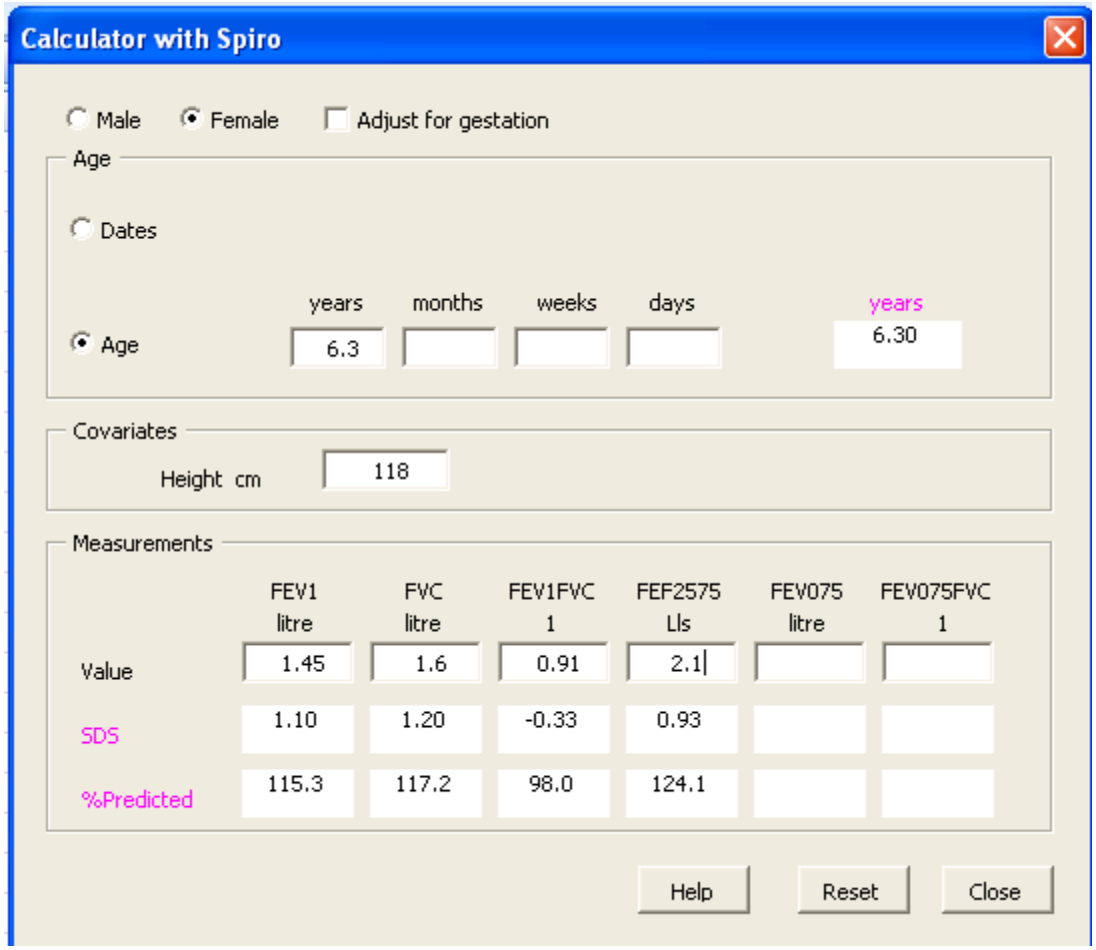
Sex (F)

Age (6.33 yrs)

Height (118 cm)

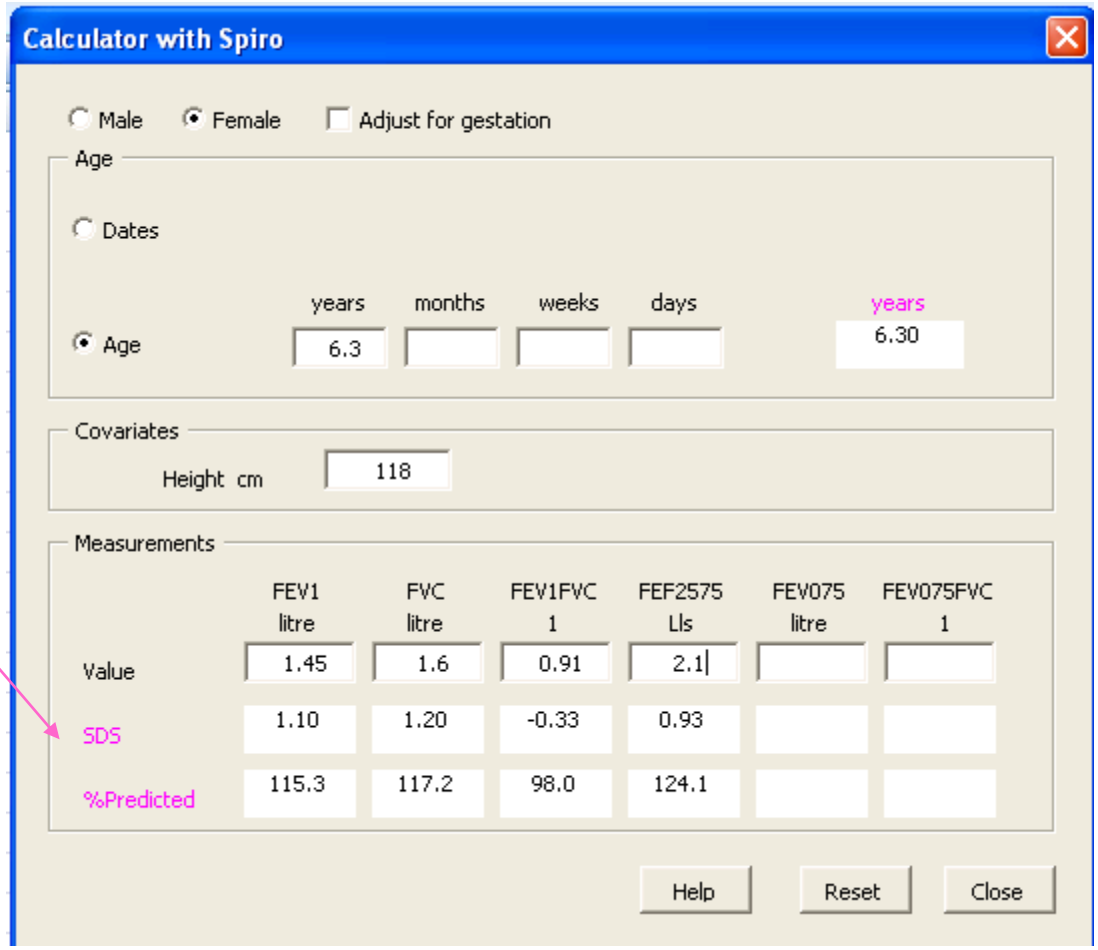
FEV_1 (1.45 L)

FVC (1.60 L)



Click on the pink text to toggle between:

- **SDS**
- **Centile**
- **Predicted**
- **% Predicted**
- *% CV*
- *Skewness*



Conversion to SDS for an Entire Dataset (must be in Excel format)

Type in the column letters relating to: Sex (1=M, 2=F), Age (years), Height (cm), FEV_1 (L) etc.

Click on the pink label to change SDS to % predicted

The output is entered in the first free column or you can select an output column