



HOW WELL DO YOU KNOW YOUR INHALERS?

Most people have two inhalers:

- A preventer inhaler
- A reliever inhaler (often blue in colour)

What does your preventer inhaler do?

The preventer inhaler is the main treatment for your asthma. It contains a corticosteroid which reduces the swelling in your airways. When inhaler is used regularly it reduces your asthma symptoms and reduces your risk of an asthma attack.

When are you supposed to take your preventer inhaler?

Every day. Most preventer inhalers are used once or twice a day. You should use your preventer regularly even when you feel well and have no symptoms.

What does your reliever inhaler do?

The reliever inhaler contains a medicine (usually salbutamol or terbutaline) that acts quickly to open up your airways when you are having asthma symptoms or an asthma attack.

When are you supposed to take your reliever inhaler?

When you are experiencing asthma symptoms such as wheeze, cough, a tight chest and shortness of breath. It will give you immediate relief. However, the reliever inhaler does not prevent or control your asthma.

TOO MUCH RELIEVER INHALER MAY MEAN YOUR ASTHMA COULD BE MANAGED BETTER

What should I expect if my asthma is well controlled?

The goal of asthma treatment is to have no symptoms or very few symptoms. Asthma should not limit your activities.

Using the reliever inhaler opens your airways temporarily, however, it doesn't treat the underlying airway swelling which leads to asthma symptoms and attacks.

How much reliever inhaler is too much?

If you are using

- Your reliever inhaler **three or more times a week**, or,
- **Three or more reliever inhalers a year**

this is a sign your asthma may not be well controlled.

If your asthma is not well controlled this may reduce your ability to be active and increase your risk of an asthma attack.

So what can I do about this?

- Take your preventer inhaler every day
- If you are still having symptoms book in for an asthma review through your GP surgery

HOW TO USE YOUR INHALER

It is really important that you know how to use your inhaler correctly. For information on different inhalers and how to use them please visit: asthma.org.uk or scan the QR code below



Types of inhaler devices

There are different types of inhaler devices that deliver the same medication to your airways.

Inhalers come in:

- **Different shapes and sizes**
- Require **different inhaler techniques**.
- Some are best used with a **spacer** device and some do not need spacers.
- Some come with with a **dose counter** so you know exactly how much medication you have left.
- Some inhalers have a **lower carbon footprint**

Make sure that your inhaler is one you can use well and suits you best. You can talk about the different inhaler choices at your next asthma review.

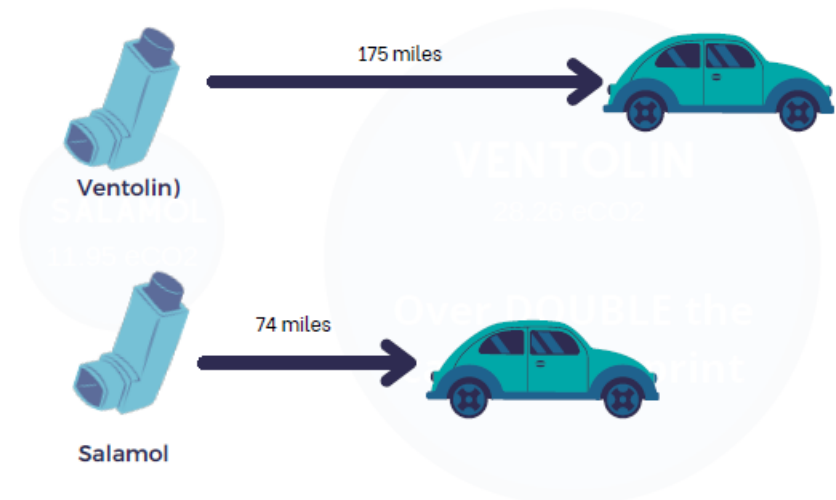
DO YOU USE A RELIEVER (BLUE) INHALER?

Aerosol spray inhalers (pressurised metered dose inhalers) use propellant gases to deliver medication to the airways. These propellants are powerful greenhouse gases which contribute to climate change. Some aerosol spray inhalers have a lower carbon footprint than others even though they contain the same medicine. Salamol and Ventolin contains the same medicine: salbutamol. They work in the same way and have the same number of doses. However, Salamol has a lower carbon footprint than Ventolin because it contains less propellant gas.

In order to reduce the carbon footprint of our patients' salbutamol inhalers we are changing the prescription to Salamol. This will not affect your asthma care. You may however notice a change in the taste of the inhaler. This is normal.



Reviewed and approved by NHS England and Improvement inhalers working group



WHAT ELSE CAN I DO TO HELP THE ENVIRONMENT?

Make sure your asthma is well controlled and you know how to use your inhaler. **Having well controlled asthma is the best thing you can do for yourself and the planet.** If you have asthma and are using 3 or more reliever inhalers a year, this may suggest your asthma is not well controlled. Please speak to your GP practice to book an asthma review.

Return used inhalers to the pharmacy so they can be disposed in an environmentally safe way.

Speak to your health care professional to ask if you are suitable for a dry powder inhaler. These inhalers do not contain any greenhouse gases and so have a much lower carbon footprint.