



### Good Asthma control is the most important thing

Having well controlled asthma is the best thing you can do for yourself and the planet.

If your asthma is well controlled you will be **symptom free** or have very few symptoms. You will only rarely need to use your reliever inhaler (usually blue).

Your asthma may not be well controlled if:

- You are using your reliever inhaler three or more times a week.
- You are using three or more reliever inhalers a year.
- You are experiencing asthma attacks.

If this is the case for you please speak to your GP practice. Also, make sure you check that you are using your inhalers correctly.

Scan the QR code to watch videos showing inhaler technique for all the different types



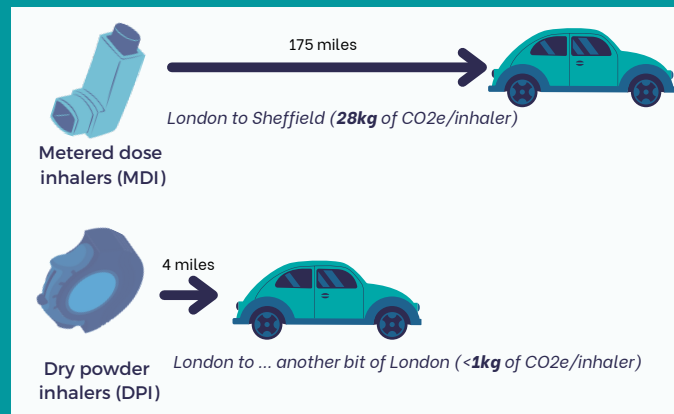
### Inhaler device types and the environment

When choosing an inhaler your health is **ALWAYS** the priority, so having an inhaler that works well for you is the most important thing!

In the UK, the most common inhaler devices are **metered dose inhalers (MDIs)**, sometimes known as aerosol spray inhalers or 'puffers.' These inhalers contain propellant gases to deliver medicine to the airways. These propellants are powerful greenhouse gases that contribute to climate change.

**Dry powder inhalers (DPIs)** and soft mist inhalers (SMIs) do not contain propellant gas, so they have a much lower carbon footprint. Find out more on the green inhaler website. [www.greeninhaler.org](http://www.greeninhaler.org)

### The equivalent car CO<sub>2</sub>e tailpipe emissions of each type of inhaler :



### Is a low carbon DPI suitable for me?

You need to breathe in **quickly** and **deeply** when using a DPI to get the medicine into your lungs. Most people with asthma can manage this. However, children <12yrs, some older people and people with severe asthma may not manage this.

If you use an MDI, a spacer device is recommended to improve the delivery of medicine to your airways. With DPIs, there is no need for a spacer.

Most DPIs have a **dose counter** which shows you how many doses remain. This means you can track your treatment.

You can discuss if a dry powder inhaler is suitable for you at your next asthma review. All inhaler device changes are reviewed, so if you don't get on with your new inhaler you can try another one or change back.

### Disposal

Remember to return your used inhalers to a pharmacy. The inhalers will either be recycled or disposed of in an environmentally safe way.

