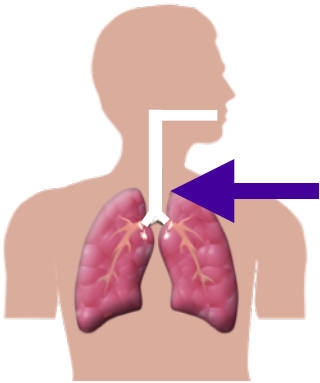




Your inhaler choices



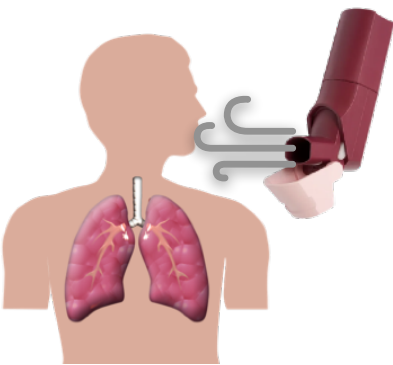
Inhalers and the environment



Having a lung condition can affect your lungs and the tubes that go from your mouth to your lungs.



A lot of people use an inhaler to help them with lung conditions. For example, people with asthma.



Some inhalers use a gas called **carbon** to push air into your lungs.

This is safe for you. But letting out too much carbon is bad for the **environment**.



The **environment** is the world we live in and the air we breathe.



We want people to use their inhalers in a way that is best for them and the environment.

Types of inhalers



There are 3 types of inhalers.

Everyday inhaler

You use it every day even if you feel well.



It helps to stop you from having problems with your lungs and your breathing.

Reliever inhaler

You use this inhaler when you are finding it hard to breathe. It is usually blue.



Keep your reliever inhaler with you all the time.

Maintenance and Reliever Therapy inhaler



This is called a **MART** inhaler for short.
We say it like this: **mart**.

This inhaler has got both everyday and
reliever medicines in it. This means
you only need to use 1 inhaler.



You use this inhaler every day **and**
when you are finding it hard to breathe.



Your doctor or nurse will tell you how to
use it.

You should keep your MART inhaler
with you all the time.

1. Using your inhalers



You should make sure you always use your inhalers in the way your nurse or doctor told you to.

This will help keep you well.



If you are well, you will need your reliever medicine less.



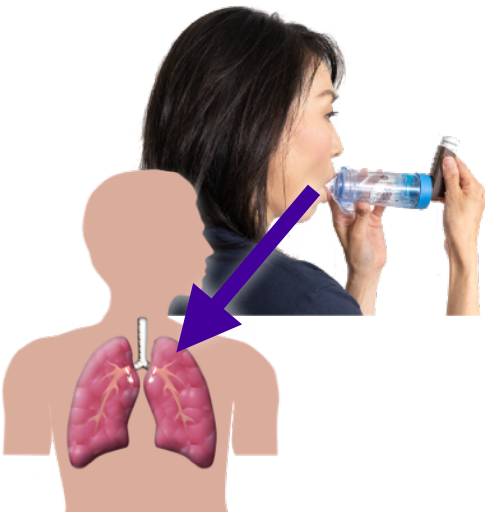
This is good for you and the environment.



It is important you still use your reliever medicines if you need to.

2. Using inhalers in the right way

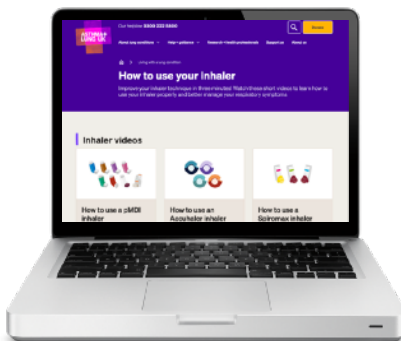
Using your inhalers in the right way is important. It means more of the medicine will go in your lungs.



This will help you look after your health.



It also means there is less gas being let out into the environment.



You can watch a video about how to use your inhalers on our website:

www.asthmaandlung.org.uk/living-with/inhaler-videos

3. Using a lower-carbon inhaler



There are some inhalers that are better for the environment. They are called **lower-carbon inhalers**.



Some lower-carbon inhalers use less carbon gas. Others use a powder or spray instead of a gas.



You still breathe the medicine in like a gas inhaler.



The lower-carbon inhalers work well for lots of people.



Talk to your doctor or nurse to ask if a lower-carbon inhaler would work well for you.

4. Ask your local pharmacy to throw away your old inhalers

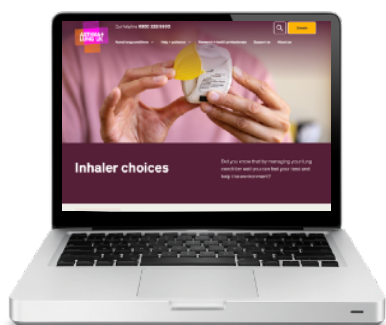


Don't put your old inhalers in the bin.



Your pharmacist can throw away your inhalers in a way that is better for the environment.

More information



You can find more information about inhalers on our website:

www.asthmaandlung.org.uk/inhaler-choices



It is not in easy read. You might want to ask someone to help you read it.

Contact us



By phone:

0300 222 5800



We are open from 9am to 5pm,
Monday to Friday.



By email:

helpline@asthmaandlung.org.uk



On WhatsApp:

You can also contact us on WhatsApp
if you have any questions about
asthma:

07378 606 728