



Your Inhaler and You

Your Asthma/COPD care is vital to your day to day health but it can also have an impact on the environment. Small changes that you may be able to make to your control, technique or type of inhaler can help with this.

Good Asthma/COPD control

Good control of your Asthma/COPD is the best way to look after yourself and the environment. Poor control puts you more at risk of attacks (exacerbations) and increases the chances of needing to be admitted to hospital.

If you:

- use your reliever inhaler more than 3 times a week, or
- use more than 3 reliever inhalers in one year.

Then your control could be improved. Please make an appointment for a review.

Is your inhaler technique up to scratch?

Scan the QR code with your phone or click to see a video

Different types of inhalers



MDI

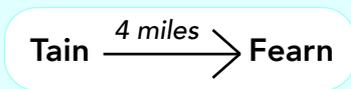
Metered Dose Inhalers (MDIs) are the most commonly used inhalers in the UK. These inhalers contain propellant gases to deliver the medicine to your lungs. Propellant gases are powerful greenhouse gases that contribute to climate change. Using one whole MDI has the equivalent carbon footprint of driving 175 miles in a car.



DPI

Dry Powder Inhalers (DPI) and Soft Mist Inhalers (SMI) do not contain propellant gas and have a much lower carbon footprint. The equivalent of driving only 4 miles.

Most people will be able to use a DPI or SMI.



Looking for more info?
 visit greeninhaler.org
 or discuss at your next review