



TIPS ON EFFECTIVE INHALER USE

Inhalers for acute care (immediate treatment) are used to rapidly open the airways during asthma attacks or flare-ups.

A chronic care inhaler or steroid pump is a daily preventive medication that reduces airway inflammation to help control and prevent asthma symptoms over time.

There are a number of different inhalers available for chronic and acute use.



Make sure that you administer doses correctly, and as directed by a medical professional.



Regularly check inhaler technique: Many people assume that they are using their inhaler correctly.

Medication must reach your lungs, instead of going down your throat, which can easily occur with improper technique.

From time to time, check in with your pharmacists or doctor to double check your method.

Monitor and limit use of the acute (reliever) inhaler:

Quick-relief inhalers are not designed to prevent, but rather to treat acute episodes. While they may appear to be more effective at the time, using them too often (more than three times a day) can actually mask the worsening of asthma and increase the risk of side effects like tremors and rapid heart rate. Frequent use is a sign that your asthma isn't well controlled. It may warrant your doctor adjusting your chronic dose.

Never share inhalers or use someone else's inhaler:

Using another person's inhaler, or allowing others to use yours, can be dangerous due to the risk of contamination or spreading of unwanted illnesses.

Rinse your mouth after using an inhaler:

This helps remove any medication that may have settled in your mouth and throat, reducing the risk of fungal infections and other oral complications.