

Asthma should be free of symptoms - is yours?

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 contact your GP practice to arrange a review.

The review will enable the clinical team to check that you are using your inhalers correctly, are getting the best out of your treatment or whether your treatment needs to be changed.

Important information about your Inhalers

Short Acting Reliever Inhalers

Often referred to as BLUE or reliever inhalers e.g. Salamol, Salbutamol, Ventolin

- These inhalers work quickly when you have difficulties with breathlessness or wheezing to help open up your airways.
- **Should be used only when required.** Whilst they help make you feel better; they do not treat the underlying lung inflammation.

Steroid and Combination steroid preventer inhalers

Referred to as preventer inhalers e.g. Clenil, Symbicort, Fostair

- These inhalers contain steroids that reduce inflammation and swelling in your airways to enable you to breathe more easily.
- **You should use your preventer inhaler regularly as prescribed** to keep your asthma under control and prevent you from getting asthma attacks.
- If you have any concerns about using these inhalers please discuss with your doctor, nurse or pharmacist.

Ordering more inhalers

1	Always check your inhaler stock, before you order more.
2	Please only request the inhalers you are running low on.
3	It's okay to order your inhalers at different intervals. You may run low at different times due to how often you use them and the number of doses they contain.
4	Return your used or unwanted inhalers to the pharmacy for environmentally safe disposal.