

Do you use inhalers?

The NHS must change the way it treats respiratory diseases because our rates of exacerbations and deaths are **worse** compared to other countries with similar healthcare systems.

Dry powder inhalers are used more frequently in these other countries, and their patients have better outcomes. Traditionally we have used pressurised inhalers to treat respiratory diseases in the NHS.

Dry powder inhalers are better for the planet too. Pressurised inhalers contribute to global warming as they contain propellant gas that, when released, contributes to the greenhouse gas effect.

If you would like to consider switching inhalers, please arrange to speak with one of our clinicians to advise you.

Find out more about making your inhaler more environmentally friendly:
www.greeninhaler.org

If you're using 3 or more relievers a year or a reliever more than 3 times a week, please see one of our clinicians.

Did you know...?

One 'blue inhaler' (Ventolin) used over its lifetime has a carbon footprint equivalent to driving a car from Whitby to Manchester.

Do you know how to dispose of your inhalers?

Old/used inhalers can leak greenhouse gases if thrown into landfill or household recycling.

They need to be returned to the pharmacy and disposed of correctly by medical incineration. This breaks down the gases.

Please return your old and used inhalers to the pharmacy you collected them from.