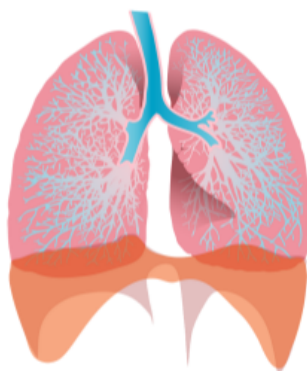


DO YOU KNOW HOW TO USE YOURS?

90%



of Australians don't use their inhalers correctly



CONFIDENCE IS USUALLY MISPLACED

75% Confident when asked

10% Correct when checked

Long-term inhaler users asked whether they were using their inhaler correctly

POOR TECHNIQUE IMPACTS HEALTH

50% Higher risk of hospitalisation for asthma or COPD



More side-effects like hoarseness & mouth infections

Overuse of medication & wasting of doses

GOOD TECHNIQUE IMPROVES HEALTH

- ✓ Fewer asthma symptoms
- ✓ Increased lung function
- ✓ Better quality of life
- ✓ Lower medication costs

MAKE SURE YOUR TECHNIQUE IS CORRECT

Visit our How-to video library to watch demonstrations
Ask your pharmacist or practice nurse to check your technique
Every few months, check that you are still doing it right



Source: National Asthma Council Australia. Inhaler Technique for People with Asthma or COPD

CHECK OUT OUR HOW-TO VIDEO LIBRARY
nationalasthma.org.au