

Well Controlled Asthma means..

- Fewer than 2 puffs of Reliever Inhaler a week
- Fewer than 6 Reliever Inhalers a year

If you use more than this your asthma may be poorly controlled and you need to **book an Asthma Review.**

Good Asthma Care and the Planet

Reducing Reliever inhaler use and using inhalers that are better for the environment can reduce climate change and improve asthma. Greener inhalers are just as safe and effective at treating asthma and form part of better asthma care. **Better for you, better for the planet.**

Find out more about how to improve and keep track of your asthma care as well as more information about environmentally friendly treatment choices on the NHS Wales: AsthmaHub App.



What are Reliever Inhalers?

Reliever inhalers treat asthma symptoms when they occur. They are typically **blue** and may come in different forms. Most relievers contain a medication called **Salbutamol**.

Ventolin and **Salamol** inhalers both contain Salbutamol and are metered-dose inhalers (**MDIs**). However, Ventolin is much more polluting than Salamol. Both work in the same way and are equally beneficial but **Salamol is better for the planet.**



Types of Reliever Inhalers

MDIs have a large carbon footprint. **Salamol** is the best MDI for the environment. However, **Dry-powder dose inhalers (DPIs)** which are another type of Salbutamol Reliever Inhaler, have an even smaller carbon footprint

DPIs are the **greenest** type of inhalers and are a good choice for many people with asthma.

ADULT ASTHMA & GREEN INHALERS

Asthma has environmental triggers which can worsen the condition such as: **Smoke, Air Pollution & Catching Viruses.**

Some inhalers are polluting to the air we breathe. Wales has committed to reducing our **carbon footprint**; part of this plan involves prescribing inhalers that are better for the planet.

