



Review Reduce Return

What things can we do together to improve our Asthma or COPD AND reduce our carbon impact?

Review (control)

Regularly review how your self-management is controlling symptoms

See your nurse/doctor for an annual check up and when:

- Symptoms are poorly controlled
- You are using four or more blue inhalers per year
- You are uncertain about how to use the inhalers

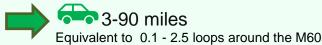
Reduce (carbon)

Discuss with your doctor, nurse or pharmacist about the lowest carbon inhalers option that are suitable for you

- Only reorder inhalers when actually required, making sure the full contents are used.
- One year's use is equivalent to the following miles in an average car:



Dry powder or soft mist inhalers





Metered Dose inhalers



The total GM carbon emissions from inhalers are the equivalent of 27,000 cars on the road

This could be reduced by over 80% while improving care and outcomes

Return (to pharmacy)

Return <u>all</u> unwanted, out of date & used inhalers to pharmacies to ensure carbon-friendly disposal!



