

# Asthma treatment is changing: How this might benefit you.

## Blue inhalers are no longer recommended

Reliever inhalers - known to many as their 'blue' inhaler, are no longer recommended because they don't treat the cause of symptoms. They temporarily help breathing by expanding the airways but they do not reduce the inflammation (swelling) that causes the tightening of the airways. If this inflammation isn't treated, patients are at a higher risk of a severe asthma attack, which may require admission to hospital and could even be life-threatening.



## Introducing combination inhalers

A combination inhaler includes both reliever and preventer medication replacing your need for separate preventer and reliever inhalers. For most patients, one inhaler will be all you need.

You could be eligible, even if your asthma is well controlled.



### A more effective treatment

Combination inhalers work quickly and last longer than the old blue relievers with less risk of hospital admission or more serious complications.

## Make sure to attend your annual review!

Remember, all people with asthma require a yearly review. When attending your review ask your nurse, doctor or pharmacist about changing from a reliever inhaler to a combination inhaler. It's optional but could help you better manage your asthma.

