

# Improving Asthma Care

If you need to use your blue salbutamol inhaler more than **3 times per week** OR more than **3 reliever inhalers per year**, it is a sign that your asthma is poorly controlled.



Patients who are overusing blue reliever inhalers are at greater risk of having an asthma attack, being admitted to hospital, and even dying from their asthma.

## Asthma Management Guidance has changed

It is now recommended that no patient should rely solely on a blue reliever inhaler. This is because these inhalers only treat the symptoms of your asthma, they do not treat the inflammation that is causing the symptoms.

Modern inhalers work rapidly, like the old blue relievers, whilst also treating the underlying inflammation around the airways. For most patients one inhaler can do it all – daily use to prevent symptoms and additional use when needed if your asthma does flare up.

Whatever treatment you go for, you should **rarely have any symptoms from your asthma**.

If you are being issued with reliever inhalers that you **do not need**, please hand them back to the pharmacist.

## Please book your asthma review now!



Get more  
effective  
treatment



Experience  
less  
symptoms