

# Joydens Wood Pharmacy

2 Birchwood Parade, Wilmington, Kent, DA2 7NJ

Tel & Fax: 01322 522711

Email: joydenswoodpharmacy@aah-n3.co.uk

## Opening Times

Monday 9am - 6.30pm  
Tuesday 9am - 6.30pm  
Wednesday 9am - 6.30pm  
Thursday 9am - 6.30pm  
Friday 9am - 6.30pm  
Saturday 9am - 4.00pm  
Closed for Lunch 1pm - 2pm

## Your FREE Healthy Living Leaflet for December 2019

1. How many people are being treated for asthma in the UK each year?
2. On average how many people die from an asthma attack each day in the UK?
3. How much does the NHS spend on treating and caring for these asthmatics each year?
4. What are the main two types of inhalers?
5. What percentage of people cannot use their aerosol inhalers correctly?
6. If your asthma symptoms are bothering you, what could be the cause?
7. How does good inhaler technique help with your asthma?
8. What are the common inhaler mistakes?
9. Why do you need to wait between puffs?
10. How do you need to breath in, if you have a metred dose inhaler?

**Have you got the right inhaler technique?**



**Answers on the bottom of page two**

### Asthma

1.1 million children and 4.3 million adults are being treated for asthma in the UK at present at a cost to the NHS of over £1 billion per year. The goal of asthma treatment is for the patients to be symptom free and be able to lead a normal, active life.

Still 3 people die from asthma each day in the UK with studies suggesting 90% of patients using pressurised inhalers and 54% of those using dry powder inhalers are unable to use them correctly.

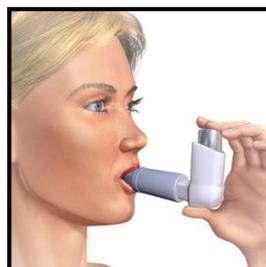
### How does good inhaler technique help you manage your asthma?

If you're using your preventer inhaler as prescribed with the right technique it can help you:

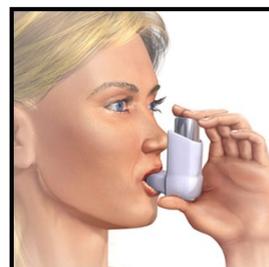
- Cut your risk of an asthma attack
- Feel less breathless climbing the stairs
- Cope better with your usual asthma triggers
- Get a good night's sleep
- Have less time off from work
- Take part in exercise and family activities. Good inhaler technique can make a real difference to how



Open Mouth Technique



Using a Spacer



Closed Mouth Technique

well you manage your symptoms and possibly stop you needing a higher dose of your medication

**What are the common problems with inhaler techniques?**

- 1) Not breathing in the right way for your type of inhaler – There are two types of inhaler – dry powder and pressurised metered dose inhalers (pMDIs). If you have a pMDI, you need to breathe in slow and steady whilst pressing the cannister once. Continue to breathe in slowly over 3-4 seconds, until your lungs feel full. With a dry powder you need to breathe in quickly and deeply until your lungs feel full to be sure you inhale all the medicine.
- 2) Forgetting to shake your inhaler first – some inhalers need shaking and some don't. Check with your doctor, nurse or our pharmacist which you have
- 3) Not waiting between puffs - with some inhalers you need to wait at least 30-60 seconds before taking the next puff. This gives the medicine and propellant enough time to mix together.
- 4) Not lifting your head slightly before breathing in - Lifting your chin helps the medicine go down your lungs more efficiently.
- 5) Breathing in too early before pressing the inhaler cannister – if you are already half way through breathing in by the time the medicine is released from the inhaler, you won't have enough time to finish breathing in all the medicine because your lungs will already be full. If this happens, some of the medicine will end up in your mouth instead of being carried down into your lungs where it's needed.
- 6) Breathing too late after pressing the inhaler cannister (unless you are using a spacer) - it takes less than half a second from the time

the cannister is pressed for all the medicine inside the inhaler to be released. If you breathe in after this time, some of the medicine will end up in your mouth instead of being carried down into your lungs

- 7) Not holding your breath after taking your inhaler - If you've been advised to hold your breath after using your inhaler, it's important you do-holding your breath keeps your airways still, giving the medicine more time to settle into your lungs. Ten seconds is ideal, but if this isn't possible, you still benefit by holding your breath for as long as you feel comfortable.
- 8) Not using a spacer – some people think spacers are for children but actually they can help improve anyone's inhaler technique.

**For more information or to get your inhaler technique checked have a chat with one of our trained team**



**Asthma Triggers**

Answers: Q1, 1.1 million children and 4.3 million adults. Q2, 3. Q3, £1 billion. Q4, Aerosols or dry powder. Q5, 90%. Q6, Poor inhaler technique. Q7, It cuts the risk of an attack, you feel less breathless, you cope better with your asthma triggers, you get a good night sleep, you have less time off work and you can take more exercise. Q8, Not breathing in the right way for your inhaler, not shaking your inhaler, not waiting between puffs, not lifting your chin up before breathing in, breathing in too early or too late, not holding your breath after taking your inhaler, not using a spacer. Q9, Because this gives the medicine and propellant enough time to mix together. Q10, Slowly and steadily while you press the cannister on the inhaler.