

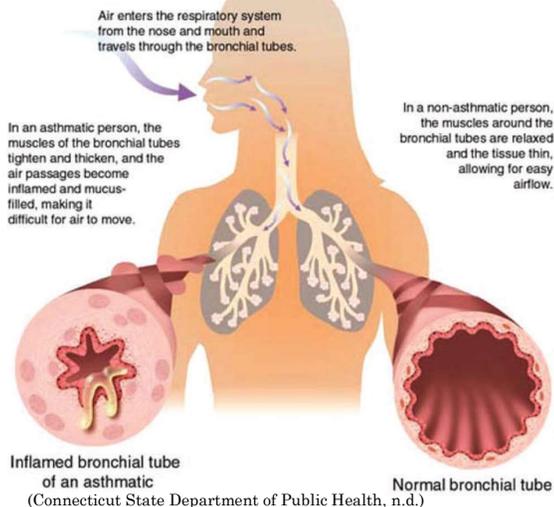
What Is Asthma

Asthma is a chronic condition that can be serious and life threatening. There is no cure for asthma. However, it can be managed so that you have a typical healthy and content life! When you have asthma, the airways in your lung can become inflamed which makes breathing more difficult. Asthma is caused by many triggers (Connecticut State Department of Public Health, n.d.).

What are Asthma triggers?

Asthma triggers are properties in the environment that can cause an asthma attack. These include cold weather, chemicals, smoke, or pet dander. They aren't always environmental. They can also be brought on by physical activity (Mayo Clinic, 2021).

Why asthma makes it hard to breathe



Inhaler use for Asthma

This pamphlet is created for those who have been newly diagnosed with asthma or those who have difficulty with using a Metered – Dose Inhaler device. If you have any questions about your inhaler device, please talk with your provider in order to receive the best care possible and maintain quality of life.



MDI INHALER USE FOR ASTHMA



Brookhaven Medical Clinic





How to Keep Your Inhaler Clean

- 🐾 Remove the cap and cannister from mouthpiece.
- 🐾 Avoid immersing the canister in water.
- 🐾 Run warm water through the top and the bottom of the mouthpiece. Rinse for at least 30 seconds
- 🐾 Shake the excess water left on the mouthpiece before allowing it to airdry overnight.

Let moments take your breath away...not your Asthma

Using your Inhaler

Step 1: Remove the cap from the inhaler.

Step 2: Shake the inhaler 10 -15 times before use.

Step 3: Place the index finger on top of the inhaler cannister and thumb on the bottom of the mouthpiece part. Hold the inhaler firmly.

Step 4: Make sure you're standing or sitting with your back straight. Tilt your head back slightly.

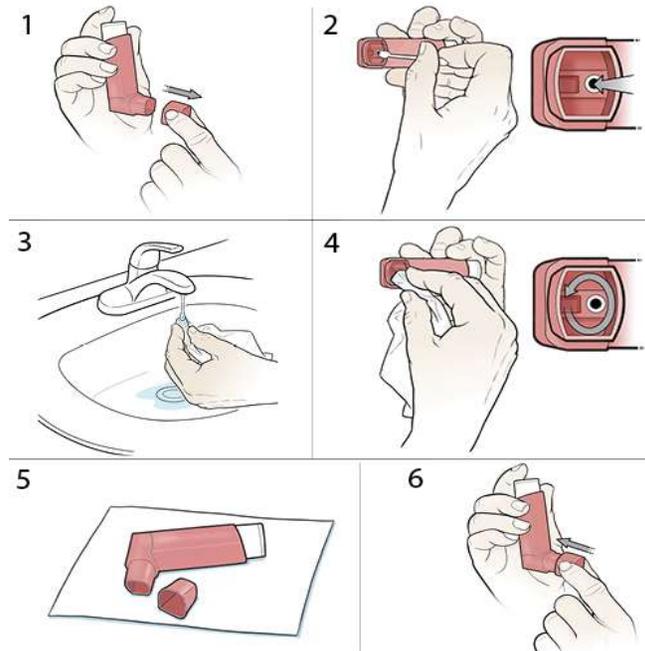
Step 5: Exhale facing away from the inhaler device.

Step 6: Place the mouthpiece of the inhaler in your mouth. Simultaneously press down on the cannister with your index finger and inhale slowly.

Step 7: Hold your breath for at least 10 seconds.

Step 8: Exhale slowly through your mouth or nose. (Martin, 2020).

To get the most out of your inhaler, it should be cleansed no less than once per week to prevent buildup of medication that can potentially block the medication from being delivered appropriately. (Asthma UK, 2018)



Inhaler Tips and Tricks

- 🐾 Practice! Make sure that you follow the steps in the correct order. It may even be helpful to look in the mirror while you are using the inhaler.
- 🐾 Prime infrequently used inhalers. If it has been a while since using your inhaler you may need to hold the inhaler away from your mouth and spray it into open air before administering a dose
- 🐾 If you use a steroid medication, make sure you rinse your mouth with water to prevent fungal growth.
- 🐾 It may be a good idea to brush your teeth after using you MDI to further prevent fungal growth.
- 🐾 Never store you MDI in high temperatures

(Bass, 2021)