

PATIENT INFORMATION ON ASTHMA/COPD INHALERS

Dear Patient!

Your doctor has prescribed a medication for inhalation to treat your (allergic) asthma / respiratory disease.

There are **two different forms of application (inhalers)** that contain the active substances needed to treat your condition:

- a) **Metered dose inhalers** are applied to the mouth. By applying pressure to the trigger, a propellant containing active ingredient is delivered into the airways with simultaneous inhalation.
- b) **Powder inhalers** are enclosed by the mouth. Inhalation takes place by pulling with rapid inhalation.

The effect of both systems is basically the same with the same ingredients. However, did you know that **metered dose inhalers are significantly more harmful to the climate than powder inhalers** because they contain propellants?

The propellants in metered dose inhalers are so-called fluorinated fluorocarbons, which have a greenhouse gas effect up to 1,500 times greater than carbon dioxide (CO₂). Some of them remain in the atmosphere for more than a hundred years and contribute around 2 percent to the global greenhouse effect and thus to climate change.

We therefore ask you to observe the following when using your inhaler:

- Metered dose inhalers are prescribed only as an emergency medication when possible, in children, the elderly, or when active breathing is not sufficiently possible for health reasons.
- If you are able to take a deep breath for 2-3 seconds or a longer breath for 4-5 seconds, you should use powder inhalers if possible or have them prescribed, as they have a much better climatic balance.
- Should you use a metered dose inhaler, then please only exactly according to the instructions. In this way, you achieve maximum effectiveness, no propellant gases escape into the environment and you protect the climate.
- Never open your inhaler by force and never expose it to temperatures above 30 degrees, as it may explode.
- Each inhaler is made of the valuable recyclable materials aluminum and plastic. With metered dose inhalers, residual gases can escape into the environment after the end of use and act as greenhouse gases. Avoid this by finding out about **suitable disposal options for medicines through your pharmacist or the website www.arzneimittelentsorgung.de**.

Thank you for helping to protect the climate!

You can find more information on the website www.akdermaplastik.de.