Do You Use Your Asthma Inhalers Correctly?

Most people with asthma use inhalers to help manage their condition. The advantages of inhaling your medicines for asthma are that they:

1. go right to the lungs where they are needed
2. get to the lungs very quickly
3. cause less side effects since they are a lower dose

Using an inhaler has its challenges though. Plus there are many types of inhalers that are used in different ways. Some need to be breathed in slowly. Others need to be breathed in quickly. Some need shaking, while others don’t.

If an inhaler is not used properly, a full dose of medicine may not reach your lungs where it’s needed. It’s very important to know how to use your inhalers. If your asthma is not under control, it could be because of improper use of the inhalers. It takes some practice to get it right. Ask your health care providers to show you how to use your inhalers at each visit.

Watch these asthma inhaler videos to learn how to use them:

- Metered dose inhaler (MDI) with spacer
- Turbuhaler
- Diskus
- Breezhaler
- Twisthaler
Over the past couple of years, new medicines have become available in these new inhalers:

- Breezhaler
- Genuair
- Ellipta
- Twisthaler

Find more inhaler videos here:

- Ontario Lung Association YouTube channel
- The Lung Association website
- The Lung Association YouTube channel

To get the most out of your asthma inhalers, learn how to use them properly. It could mean the difference between you controlling your asthma, or your asthma controlling you.

If you have any questions, call The Lung Association Lung Health Information Line at 1-888-344-LUNG (5864), email info@on.lung.ca or visit www.on.lung.ca.