


WHAT'S THE DEAL WITH INHALERS?

1 aerosol puffer can have a carbon footprint up to a **170 km car journey**



The aerosols that push out the medication from these types of puffers are **harmful greenhouse gases**¹

Do you want to help **reduce the impact** that aerosol puffers have on the environment?

1

Talk with your health care provider to **make sure you have been tested** for asthma or COPD

actual cause of your symptoms is unaddressed

It can be **harmful** to use an inhaler you may not need²

medication side effects

environmental impact of the aerosol puffer

money spent on medication you don't need

About **1 in 4** Canadian adults who use asthma inhalers **do not actually have asthma**.³ Watch [this video](#) to learn more about the importance of confirming your diagnosis.

If you use your **blue reliever inhaler** 3 or more times a week, your asthma may not be well-controlled. Take [this test from Asthma Canada](#) to find out more.

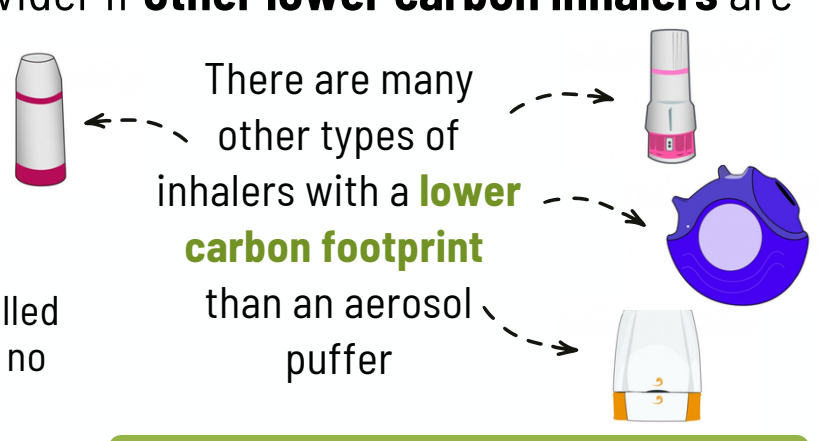
2

Ask your health care provider if **other lower carbon inhalers** are right for you

The carbon footprint of these alternatives can be **10 times smaller** than an aerosol puffer.¹

Most of these alternatives are called **dry powder inhalers** - they have no aerosol and they release the medication as you **breathe in**. These inhalers have the same types of medications **to treat your condition**.⁴

There are many other types of inhalers with a **lower carbon footprint** than an aerosol puffer

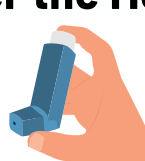


If an aerosol puffer is the best option for you, ask about **low-volume inhalers** that contain less amounts of greenhouse gases.

3

Review your technique with your health care provider to make sure you are **using your inhaler the right way**

[Click here](#) to view videos showing the correct technique for your inhaler




7 out of 10 inhalers are thrown away before they are actually empty.⁶

Use your inhaler **correctly** to make sure you:

- get the **most benefit** from your medication,
- use **all the medication** in your inhaler, and
- avoid **releasing aerosol into the air** instead of inhaling it, if you use an aerosol puffer.⁵

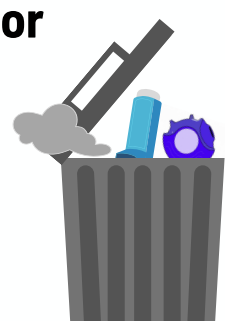
Many dry powder inhalers have **dose counters**, which can make it easier to tell how much medication you have left.




4

Ask your clinic or pharmacy if they have a **recycling or disposal program**.

Do not throw your inhaler into household garbage or recycling. When thrown into the garbage for landfill, aerosol puffers can **release harmful greenhouse gases** into the environment.



Returning your inhaler to your pharmacy to be recycled or incinerated can save the equivalent of up to **8** litres of gasoline.⁵



1. Jeswani HK, Azapagic A. (2020). Environmental impacts of healthcare and pharmaceutical products: Influence of product design and consumer behaviour. Journal of Cleaner Production, 253: 119860.


2. Let's Clear the Air. Choosing Wisely Canada. <https://choosingwiselycanada.org/airways/>

3. Aaron SD, Vandemheen KL, FitzGerald JM, et al. (2017) Reevaluation of Diagnosis in Adults With Physician Diagnosed Asthma. JAMA, 317(3):269-279.

4. Woodcock A, Janson C, Rees J, et al. (2022). Effects of switching from a metered dose inhaler to a dry powder inhaler on climate emissions and asthma control: post-hoc analysis. Thorax.

5. Wilkinson AJ, Braggins R, Steinbach I, Smith J. (2019). Costs of switching to low global warming potential inhalers. An economic and carbon footprint analysis of NHS prescription data in England. BMJ Open, 9 (10).

6. Roome C, Bush O, Steinbach I, et al. (2021). 562 Reducing the environmental impact of inhaler use and disposal within paediatrics and the local community. Archives of Disease in Childhood, 106: A41-A42.



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