

Your Inhaler and You

- Inhalers deliver medication to make it easier to breathe and prevent symptoms from reoccurring.
- Take your inhaler as prescribed by your doctor.
- Avoid allergens or triggers that cause symptoms.
- Have a rescue inhaler available for difficulty breathing.

Rescue vs. Maintenance Inhalers

Rescue inhaler — an inhaler you use when symptoms occur.

Maintenance inhaler — an inhaler you use everyday to help prevent symptoms from occurring.

Ask your Pharmacist

Not all inhalers are the same.

Ask your pharmacist:

- how to properly use your inhaler.
- about affordability.

Missouri AgrAbility Project

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Office Hours:

8:00 a.m.–5:00 p.m. Monday–Friday
(Closed on weekends & campus holidays)



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Do You Have Asthma or COPD?

Do you suffer from...

- shortness of breath?
- wheezing?
- persistent cough?
- chest pain when breathing?
- mucous production?

You may need an inhaler!



Contributing Authors:

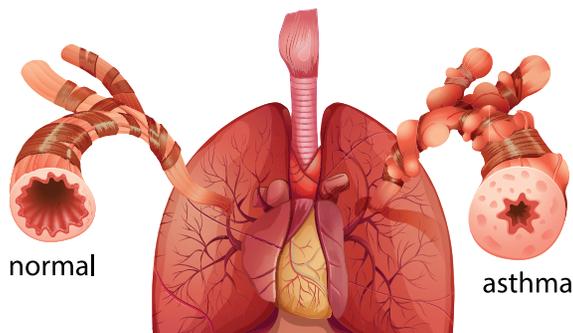
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Asthma

Asthma is the swelling of your airways and increased mucous production that makes it difficult to breath.

- More than 25 million Americans have asthma.
- 11.4 million people with asthma, have had an asthma attack in 2017.
- Each day, 10 Americans die from asthma.



Symptoms include:

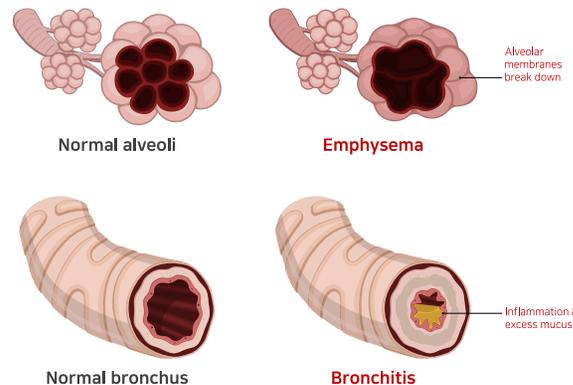
- chest pain
- difficulty breathing
- wheezing
- cough

Asthma. (2020, August 11). Retrieved November 17, 2020, from https://www.mayoclinic.org/diseases-conditions/asthma/symptomscauses/syc-20369653?utm_source=Google
AAFA. Asthma and Allergy Foundation of America. <https://www.aafa.org/asthma-facts/>. Accessed November 24, 2020.

COPD

COPD or chronic obstructive pulmonary disease, is caused from damage to the lungs that blocks airflow.

- COPD is the 3rd leading cause of death in the United States in 2014.
- 15.7 million Americans have COPD.
- More than 50% of people with poor lung function did not know they had COPD.



Symptoms include:

- difficulty breathing
- wheezing
- chronic cough

COPD. (2020, April 15). Retrieved November 17, 2020, from <https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-2035367>

CDC - Basics About COPD - Chronic Obstructive Pulmonary Disease (COPD). Centers for Disease Control and Prevention. <https://www.cdc.gov/copd/basics-about.html>. Published July 19, 2019. Accessed November 24, 2020.



Reducing Exposure

- Wear protective respirators during times of high exposure.
- Refrain from smoking or using other tobacco products that might worsen symptoms.
- Install ventilation systems in enclosed areas where allergens are present.
- Talk to your doctor or pharmacist about any worsening symptoms or questions you may have about reducing exposure.