



A simple SWITCH could go a long way to help our planet...



Better for you...

Dry powder inhalers are **effective** and **easier to use** for most patients helping to give you **good asthma control**.



Better for the environment... *Your inhaler could be having a big impact on your carbon footprint*



Inhalers in car journey CO2e equivalent:

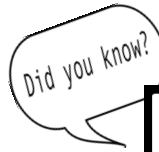


175 miles = Bridgwater to Nottingham



(28kg CO2e)

Metered Dose Inhaler eg Ventolin



&

4 miles = EQMC to North Petherton



(<1kg Co2e)

Dry Powder inhaler

Switching your inhaler could reduce your carbon footprint as much as becoming a vegetarian

Talk to your asthma practitioner or GP at your next review about possible alternatives for your inhaler and your suitability to make the SWITCH

Remember to dispose of your old inhalers at your local pharmacy or visit [Inhaler Recycling | Dispensing Doctor \(tevauc.com\)](http://Inhaler Recycling | Dispensing Doctor (tevauc.com)) to see where you can locally recycle



Visit greeninhaler.org or scan the QR code to find out more