

# Review Reduce Return

What things can we do together to improve our Asthma or COPD  
AND reduce our carbon impact?

## Review (control)

Regularly review how your self-management is controlling symptoms

See your nurse/doctor for an annual check up and when:

- Symptoms are **poorly controlled**
- You are using **four or more blue inhalers** per year
- You are **uncertain** about how to use the inhalers

## Reduce (carbon)


Discuss with your doctor, nurse or pharmacist about the lowest carbon inhalers option that are suitable for you

- **Only reorder inhalers when actually required**, making sure the full contents are used.
- **One year's use** is equivalent to the following miles in an average car:



**Dry powder or soft mist inhalers**



 3-90 miles

Equivalent to 0.1 - 2.5 loops around the M60



**Metered Dose inhalers**



268 - 1556 miles

Equivalent to 7 - 42 loops around the M60

**The total GM carbon emissions from inhalers are the equivalent of 27,000 cars on the road**  
**This could be reduced by over 80% while improving care and outcomes**

## Return (to pharmacy)

Return all unwanted, out of date & used inhalers to pharmacies to ensure carbon-friendly disposal!