

Only one in five patients use their inhaler properly.¹

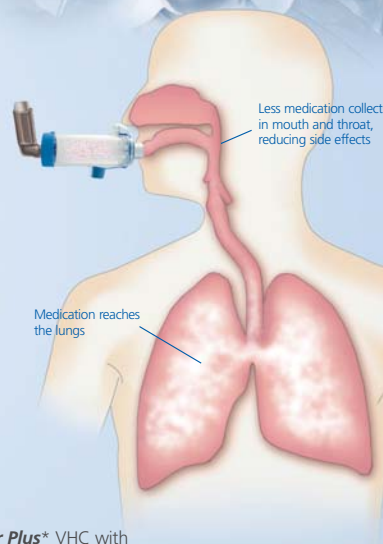


Only 1 in 5 patients use their inhaler properly.¹

The result of improper use is not enough medication reaches the lungs.² Improper inhalation technique leaves medication in the mouth and throat. To be effective, medication must reach the lungs.



Using the **AeroChamber Plus* Valved Holding Chamber (VHC) with Flow-Vu* Inspiratory Flow Indicator (IFI), the patient controls when to inhale.** Inhalation is easy and effective.² Patented baffle/valve system ensures fine particle dose delivery to the lungs with less irritation to the mouth and throat.²



The **AeroChamber Plus*** VHC with **Flow-Vu*** IFI provides assurance that inhalation is performed correctly and allows caregivers to count patient breaths, ensure a satisfactory seal and coordinate actuation with inhalation.



AeroChamber
Plus with **Flow-Vu***
Valved Holding Chamber

Easy to **Use...** Easy to **Learn...** **Most Preferred.**³

My Asthma Action Plan

Goals of my asthma action plan

- No physical asthma symptoms
- No work or school missed because of asthma
- No emergency visits or hospitalization for asthma
- No restriction to normal activities
- Minimal use of a reliever inhaler

Knowing my asthma triggers



- Animal allergens and secretions
- Colds and infections
- Dust mites
- Emotional anxiety and excitement
- Food allergies
- Gastroesophageal reflux
- Hormonal changes
- Inhaled irritants (Perfume, talcum powder, hair spray, chalk dust, pesticides)
- Medications
- Mold
- Pollen
- Pollution (ozone, sulfur dioxide, auto exhaust, fire/wood stove smoke)
- Vigorous exercise
- Weather (extreme temperatures, windy conditions, changes in humidity /barometric pressure)

My asthma is well controlled

PEAK FLOW 80% TO 100%

I experience **ALL** of the following:

- Breathing is good
- No coughing, wheezing or difficulty breathing
- Sleep through the night
- Can do usual physical activities

What should I do?

Continue my usual treatment as follows:

My asthma is getting worse

PEAK FLOW 50% TO 80%

I have **ANY** of these symptoms:

- Using reliever medication more than 2-3 extra times per week
- Cannot do normal physical activities
- First signs of a cold or flu
- Exposure to a known trigger
- Cough, wheezing or tightness in the chest
- Coughing at night more than 3-4 times per month

What should I do?

Increase my usual treatment as follows:

DANGER! Get help now!

PEAK FLOW LESS THAN 50%

I have **ANY** of these symptoms:

- Marked increase in coughing, wheezing or chest tightness
- Medication does not help within 15-20 minutes
- Breathing is hard and fast
- Difficulty walking or talking (normal activities)
- Skin on the neck or ribcage is pulling in

Call an ambulance if:

- Symptoms rapidly get worse
- Extreme difficulty breathing
- Little or no improvement from *reliever* puffer
- Lips and/or fingernails turn blue

Your healthcare provider has recommended you use the following **AeroChamber Plus*** VHC with **Flow-Vu*** IFI with your pressurized Metered Dose Inhaler to improve the delivery of your aerosol medication:



www.aerochamberplus.com

Manage Your Asthma

Check your Peak Expiratory Flow (PEF) daily with a **TruZone*** Peak Flow Meter.



Trudell Medical International*

Trudell Medical International
725 Third Street, London,
Ontario, Canada, N5V 5G4
Phone: +1-519-455-7060
Fax: +1-519-455-7858

Authorised European Representative:
Trudell Medical International Europe Ltd.
BioCity Nottingham, Pennyfoot Street
Nottingham, NG1 1GF, UK
Email: customerservice@trudellmed.com

www.trudellmed.com

* P. Barnes, J.C. Virchow, J. Sanchis, T. Welte and S. Pedersen. *Asthma management: important issues*. European Respiratory Review, Volume 14, Number 97: 147-151. * Salzman GA, et al. *Oropharyngeal candidiasis in patients treated with beclomethasone dipropionate delivered by metered-dose inhaler alone and with AeroChamber*. J Allergy & Clinical Immunol 1988;81 (2):424-428. * NOP Healthcare, UK, March 2000.

10106-001 Rev A. Printed in Canada. * trade marks and registered trade marks of Trudell Medical International. Copyright © Trudell Medical International 2007. All rights reserved.