People who use a valved holding chamber with their inhaler have better control. \(^1\)

Medication collects in mouth and throat causing the potential for side effects.

Inhaler alone — Majority of people do not use their inhalers properly. \(^2\)

Inhaler with AeroChamber Plus Brand of Chamber. \(^3\)

Medication reaches lungs.

9 out of 10 Canadians with asthma don’t have it under control. \(^4\)

Do not substitute. Chambers are not interchangeable. \(^6\)

Guidelines recommend chambers for children and adults. \(^5\)
My Medications

My preventer inhaler:
NAME ____________________________
COLOUR __________________________
I need to take my preventer inhaler every day even when I feel well.
I take _____ puff(s) in the morning and _____ puff(s) at night.

My rescue inhaler:
NAME ____________________________
COLOUR __________________________
I take _____ puff(s) of my rescue inhaler when required, up to ________________.

Easy as 1-2-3

1
Shake inhaler and remove cap.

2
Insert inhaler into chamber.

3
Press inhaler and inhale slowly and deeply, holding your breath for 5–10 seconds.
OR
Press inhaler and breathe in and out through the chamber for 2–3 breaths.

Flow-Vu®
See the difference visual assurance can make. The Flow-Vu® Inhalation Indicator moves as you inhale and helps provide visual assurance of correct use and medication delivery.

Other medications I take:

NAME ____________________________
COLOUR __________________________
Notes: ____________________________

The Lung Association believes that using the AeroChamber Plus® Flow-Vu® helps to ensure medication is delivered to where it is needed in your lungs.

1 Levy ML, Hardwell A, McKnight E, Holmes J. Asthma patients’ inability to use a pressurized metered-dose inhaler (pMDI) correctly correlates with poor asthma control as defined by the Global Initiative for Asthma (GINA) strategy: a retrospective analysis. Prim Care Respir J. 2013;Dec;22(4):406-11.
4 The Lung Association, Asthma Control in Canada Survey 2016.
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#1 RECOMMENDED BRAND®

Designed and Developed in Canada