

# Why change your inhaler to a Greener option?

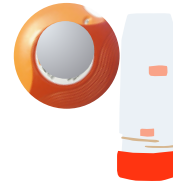
Ask your physician or pharmacist if you are a good candidate to switch to an inhaler with a smaller carbon footprint!



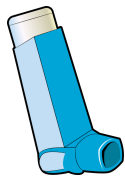
Metered-dose inhalers



Dry powder inhalers



**1.** Metered-dose inhalers contain hydrofluorocarbons with a significant carbon footprint.



100 doses = 290km

**2.** Dry powder inhalers have a smaller carbon footprint than metered-dose inhalers.



100 doses = 2.4km

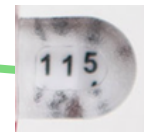
**3.** Dry powder inhalers are as effective as metered-dose inhalers for most patients.



**4.** There is usually a dry powder inhaler option for the same or lower cost as the metered-dose inhaler.



**5.** Dry powder inhalers usually have dose counters, making it easier to keep track of the number of inhalations left and avoid wastage.



## Hints to make your inhaler use even greener!



Return your unused or empty inhalers to the pharmacy for processing.



Diverting from landfills can save up to 8L of gasoline!



Check out the [Canadian Lung Association website](#) to ensure you are using your inhaler correctly.

BREATHE  
the lung association



Learning proper technique means that you get the optimal effect with the least wasted medication!



UNIVERSITY OF ALBERTA  
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GREEN HEALTHCARE TOOLKIT