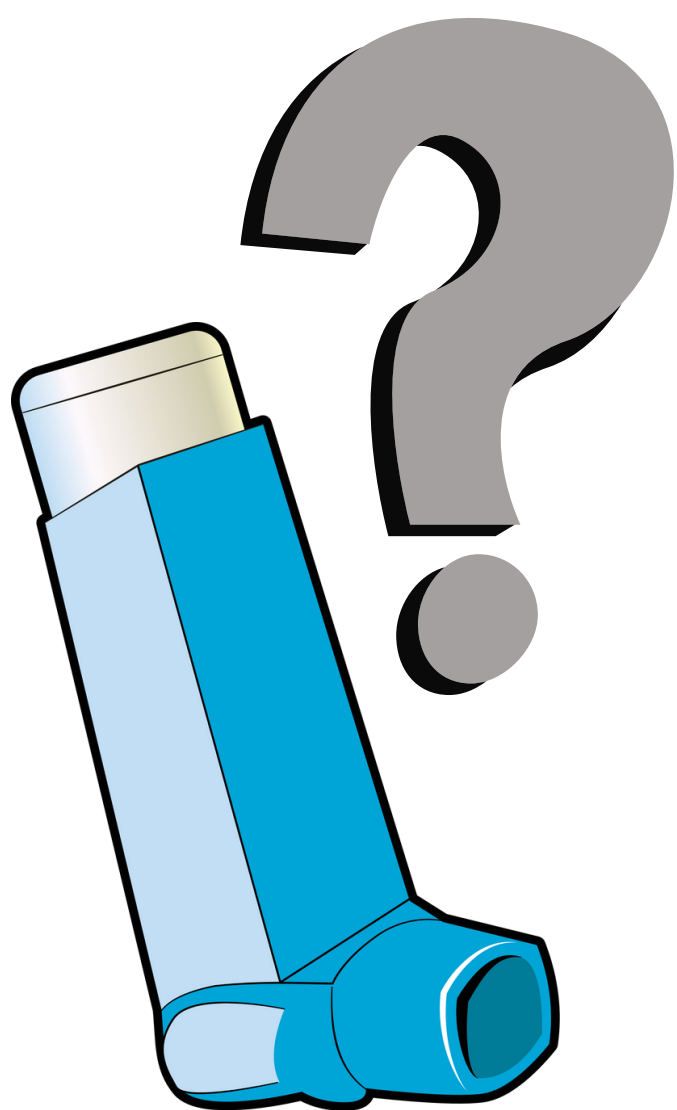


How can we reduce the impact of inhalers on the environment?

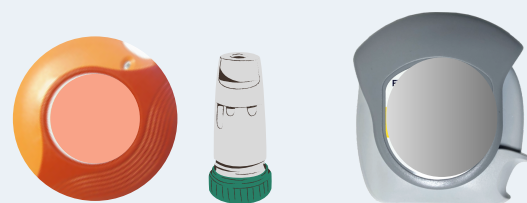


Did you know?

Metered-dose inhalers (MDIs) contain hydrofluorocarbon propellants that are up to 3000x more potent greenhouse gases than carbon dioxide and are a major source of health care's carbon footprint.

Ask your doctor or pharmacist if a Dry Powder Inhaler will work for you

Dry powder inhalers (DPI's) are as effective as MDIs for most patients with a smaller carbon footprint.



Dispose of your inhaler properly

Return your inhaler to a pharmacy for proper disposal. First, make sure to use up all of the doses that you need!



Ensure you are using your inhaler correctly

Proper technique will help you get the full dose, which may decrease how many doses you need.

Review inhaler technique to get the most out of your medications.



UNIVERSITY OF ALBERTA

Department of Family Medicine



GREEN HEALTHCARE TOOLKIT