

OVERUSE OF SALBUTAMOL (BLUE INHALER)

ASTHMA IS AN INFLAMMATORY CONDITION THEREFORE MUST BE MANAGED WITH REGULAR PREVENTER INHALER.



REGULAR USE OF BLUE INHALER, EVEN 2-3 TIMES A WEEK, BUILDS RESISTANCE AND BECOMES LESS EFFECTIVE IN THE LONG RUN THEREFORE BLUE INHALER MUST ONLY BE USED WHEN YOU HAVE SYMPTOMS.

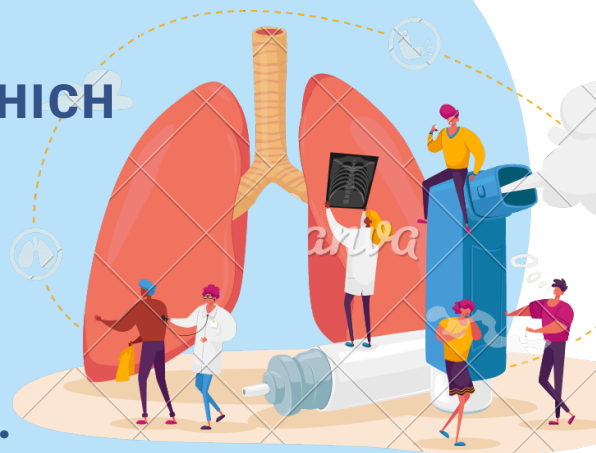
USING 2-3 BLUE INHALERS IN A YEAR MAKES YOU AT RISK OF RECURRENT ASTHMA ATTACKS.



BLUE INHALER DOES NOT TREAT ASTHMA AND CONCEALS THE SEVERITY OF EXACERBATIONS AND FLARE UPS.

YOU CANNOT CONTROL YOUR ENVIRONMENTAL TRIGGERS BUT TAKING YOUR PREVENTER REGULARLY WILL HELP KEEP YOUR ASTHMA SYMPTOMS AT BAY.

USING BLUE INHALER ALONE RESULTS TO REQUIRING MORE COURSES OF ORAL STEROIDS WHICH INCREASES THE RISK OF LONG-TERM CONDITIONS INCLUDING OSTEOPOROSIS, DIABETES, CATARACT, HEART FAILURE, PNEUMONIA AND EVEN CANCER.

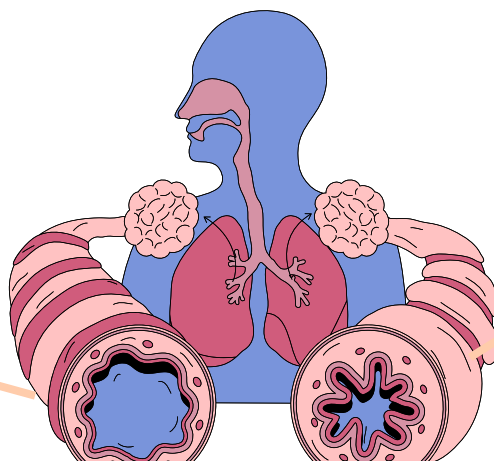
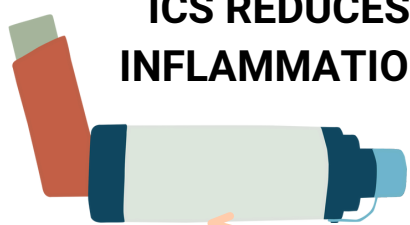


USING BLUE INHALER FREQUENTLY MEANS YOUR ASTHMA IS NOT ADEQUATELY CONTROLLED.



IF YOU USE YOUR BLUE INHALER BEFORE EXERCISE/SPORTS, YOUR ASTHMA TREATMENT NEEDS TO BE REVIEWED.

REGULAR USE OF ICS REDUCES INFLAMMATION



SABA INHALER ALONE DOES NOT TREAT INFLAMMATION

