
















Which Inhaler Device Should Your Patient Use for Symptom Relief?

A Conversation Aid (for Canadians aged 12 and over with mild asthma)

Your inhaler options:	Metered-Dose Inhaler		Dry-Powder Inhaler		
	Reliever only		Reliever only		Controller + Reliever*
	Airomir 200 (100 mcg, 2 puffs/dose) 	Ventolin HFA 200 (100 mcg, 2 puffs/dose) 	Ventolin Diskus 60 (200 mcg, 1 puff/dose) 	Bricanyl Turbuhaler 100 (0.5 mg, 1 puff/dose) 	Symbicort Turbuhaler 120 (200/6 mcg, 1 puff/dose) 
Annual Use[†]	1 inhaler/year	1 inhaler/year	2 inhalers/year	1 inhaler/year	2 inhalers/year
Disposal 	 Return to pharmacy for recycling/incineration [‡]	 Return to pharmacy for recycling/incineration [‡]	 Return to pharmacy for safe disposal	 Return to pharmacy for safe disposal	 Return to pharmacy for safe disposal
Carbon footprint of 100 doses[§] 	Equivalent to a 40 km car journey	Equivalent to a 110 km car journey	Equivalent to a 4 km car journey	Equivalent to a 2 km car journey	Equivalent to a 2 km car journey
Cost per 100 doses 	\$19 (plus \$44-52 for a steroid inhaler)	\$20 (plus \$44-52 for a steroid inhaler)	\$42 (plus \$44-52 for a steroid inhaler)	\$23 (plus \$44-52 for a steroid inhaler)	\$104 (plus \$0 for a steroid inhaler)
Your patient's preferred option:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Only in people using Symbicort® as monotherapy. [†]Based on an average use of 2 doses/week (reflecting optimal symptom control). [‡]Returning the inhaler to the pharmacy allows for propellant recycling and/or incineration (a process which degrades leftover greenhouse gases). [§]Based on the carbon footprint of each individual agent.

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