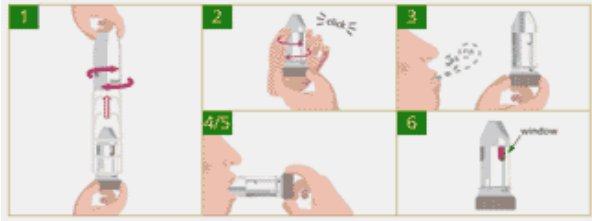


4

How to Use a Turbuhaler:



1. Unscrew the cap and take it off. Hold the inhaler upright
2. Twist the coloured grip of your Turbuhaler as far as it will go. Then twist it all the way back. You have done it right when you hear a "click"
3. Breathe out away from the device
4. Put the mouthpiece between your teeth, and close your lips around it. Breathe in forcefully and deeply through your mouth
5. Remove the Turbuhaler from your mouth before breathing out
6. Always check the number in the side counter window under the mouthpiece to see how many doses are left. For the Turbuhaler that do not have a dose counter window, check the window for a red mark, which means your medication is running out. When finished, replace the cap.

If you drop your Turbuhaler or breathe into it after its dose has been loaded, you may cause the dose to be lost. If either of these things happens, reload the device before using it.

Cleaning your Turbuhaler: Clean your Turbuhaler as needed. To do this, first wipe the mouthpiece with a dry tissue or cloth. Never wash the mouthpiece or any other part of the Turbuhaler – if it gets wet, it won't work properly

5

How will I know when to replace the Turbuhaler?

The dose indicator tells you approximately how many doses are left in the turbuhaler, starting with either 60 or 120 when full.

You should be reassured that Turbuhaler delivers the dose even if you may not notice a movement in the dose indicator. For the last 10 doses, the background of the indicator is red. When the 0 reaches the middle of the window, it's time for you to discard the turbuhaler.

Some mistakes when using Turbuhaler:

- 1- Wrong handling of Diskus.
- 2- Not holding the inhaled medication for sometime.
- 3- Twist the coloured grip more than once.

Prevention:

- 1- Wash the bed covering in high temperature to kill any dust mites.
- 2- Don't use a feather pillows.
- 3- Don't place curtains that made of hard textiles.
- 4- An asthmatic patient room free from any breathtaking materials like carpets.
- 5- Don't smoke.
- 6- The patient must know the excitatory factors & avoid it.

My Dear Patient:

You must know your disease very well & avoid any excitatory factors to minimize the frequency of asthma.



General Authority For Health Services for the Emirate of Abu Dhabi

**Al-Rahba Hospital
Department of Pharmacy**

**ASTHMA
How to use Turbuhaler**



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<p>1</p> <p><u>Asthma:</u></p> <p>Asthma is a chronic condition, meaning it needs to be monitored and controlled over a lifetime.</p> <p>People with asthma often have trouble breathing when they're in the presence of ." When someone Triggerswhat are called " with asthma has asthma symptoms, it means that the flow of air is obstructed as it passes in and out of the lungs.</p> <p>During an asthma attack, the following changes in the airways may be seen:</p> <ol style="list-style-type: none"> 1. The muscles surrounding the bronchial tubes contract excessively (bronchospasm), thus narrowing the airways. 2. The lining is red and swollen (inflamed) causing further narrowing. 3. Sticky mucus secretions block the airways. <p><u>Symptoms of asthma:</u></p> <ul style="list-style-type: none"> • Shortness of breath • Tightness in the chest • Coughing <p>Wheezing</p>	<p>2</p> <p><u>Common Asthma Triggers:</u></p> <ul style="list-style-type: none"> • Dust mites • Animals • Cockroaches • Moulds • Pollens • Viral infections • Certain air pollutants • Smoke • Exercise • Cold air • Chemical fumes and other strong-smelling substances like perfumes • Certain food additives like sulfites • Certain air pollutants • Intense emotions <p><u>Controlling your asthma:</u></p> <ul style="list-style-type: none"> • Becoming educated about asthma • Taking your medications as directed • Avoiding your triggers • Developing a personalized action plan <p><u>The goal of asthma management:</u></p> <ul style="list-style-type: none"> • No daytime symptoms • No nighttime symptoms • Not needing to use your reliever medication (no more than 4 or more times in a week) • No school or work absenteeism due to asthma • Normal breathing tests 	<p>3</p> <p><u>Treatment:</u></p> <p>1-Controllers, also called "preventers":</p> <ol style="list-style-type: none"> 1- Reduce inflammation in the airways. 2- Controllers should be taken every day. You will know that the controller medication is working because you will, over time, have fewer and fewer symptoms. 3- When your asthma is totally controlled and you have no symptoms, do not stop taking them. If you do, the airway inflammation may return. 4- Controllers do not immediately relieve wheezing, coughing or chest tightness, and should not be used to treat a severe asthma attack. 5- Must gargle after using them to prevent fungal infections. <p>2- Relievers:</p> <ol style="list-style-type: none"> 1- Are very good at helping to alleviate symptoms immediately. 2- If you are coughing or wheezing, use a reliever medication to reduce symptoms. <p>However, reliever medications do nothing for the underlying problem of inflammation.</p> <ol style="list-style-type: none"> 3- Relievers are only a short-term solution to breathing problems and indicate that there is underlying inflammation present that requires a controller medication. 4- Monitor how often you use your reliever. Increased use over time is telling you the asthma is worsening.
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