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Cleaning Your MDI:

To clean your MDI, follow the instructions that came with it. In most cases, they will advise you to:

1. Remove the metal canister by pulling it out.
2. Clean the plastic parts of the device using mild soap and water. (Never wash the metal canister or put it in water.)
3. Let the plastic parts dry in the air (for example, leave them out overnight).
4. Put the MDI back together.
5. Test the MDI by releasing a puff into the air.

Some mistakes when using MDI:

1. Wrong handling of MDI.
2. Wrong timing between pressing the MDI & taking inhalation
3. Several pressing to take only one inhalation.
4. Taking fast inhalation.
5. Not holding the inhaled medication for sometime.

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 should free from any breathtaking materials like carpets.
- 5- Don't smoke and avoid smokers.
- 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.

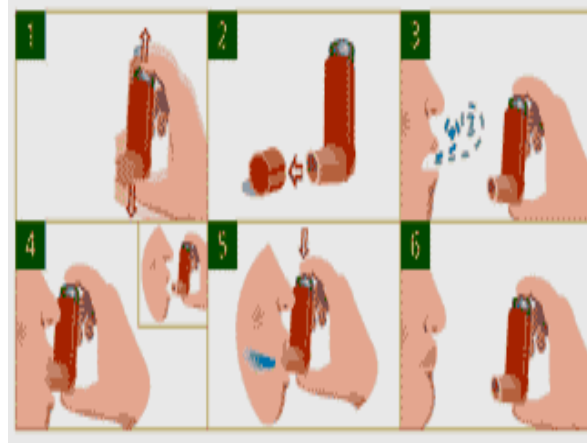
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Approved by: Patient Counseling Task Force

Reference available upon request

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How to Use a Metered-Dose Inhaler "Puffer":



1. Shake the inhaler well before use (3 or 4 shakes).
2. Remove the cap.
3. Breathe out, away from your inhaler.
4. Bring the inhaler to your mouth. Place it in your mouth between your teeth and close your mouth around it.
5. Start to breathe in slowly. Press the top of your inhaler once and keep breathing in slowly until you have taken a full breath.
6. Remove the inhaler from your mouth, and hold your breath for about 10 seconds, then breathe out.



General Authority For Health Services for the
Emirate of Abu Dhabi

Al-Rahba Hospital
Department of Pharmacy

ASTHMA
Metered Dose Inhalers (MDI)



2 April 2006

<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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