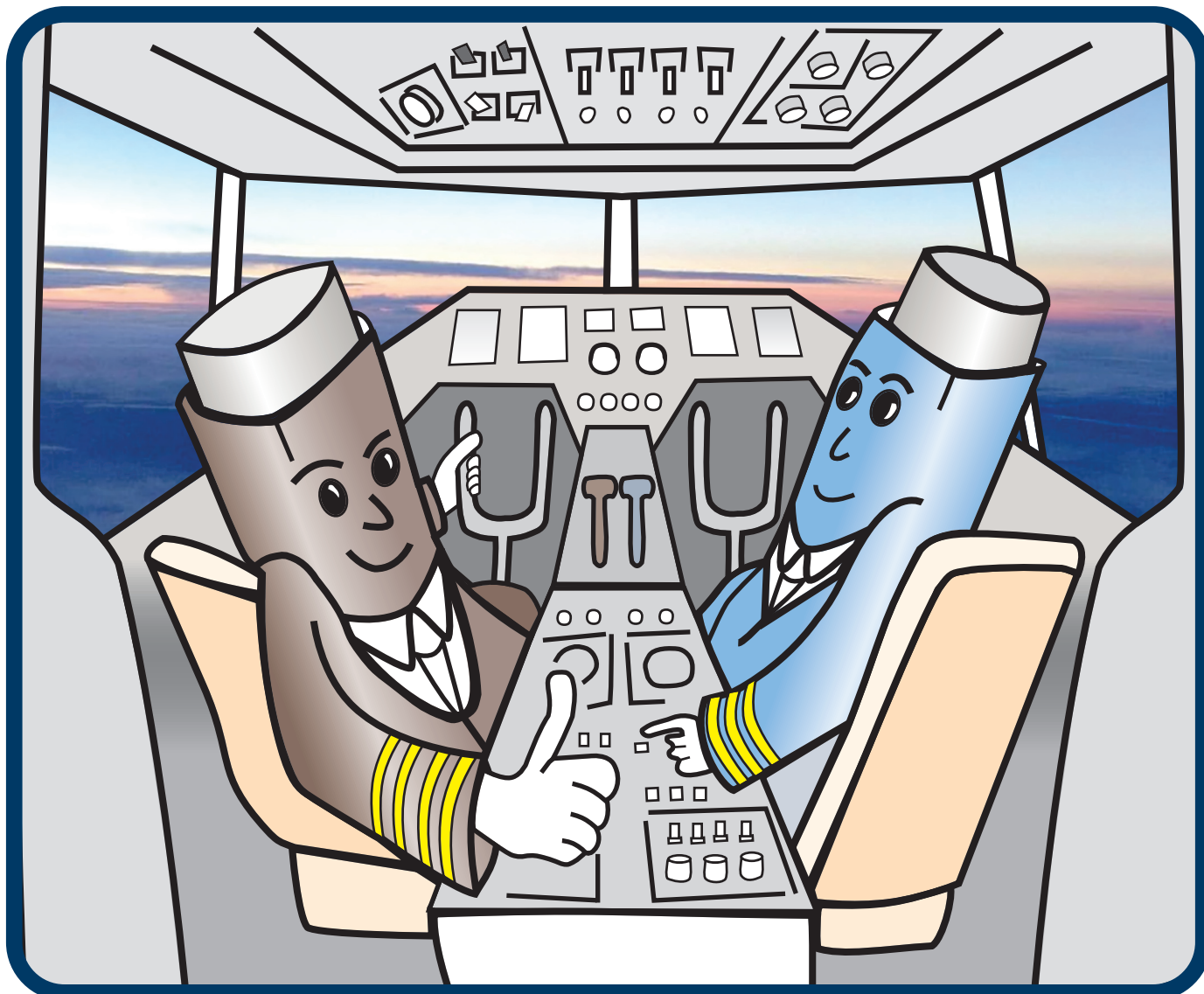


Is your asthma in the hands of the pilot or are you relying on the co-pilot three or more times a week?



The captain of your asthma care should be your regular preventer inhaler, not the co-pilot blue inhaler. If you feel that you are reliant on your blue inhaler, then you are likely to have uncontrolled asthma. Regular overuse of your blue inhaler puts you more at risk of having an asthma attack.¹

If you are experiencing frequent asthma symptoms and taking 3 or more inhalations* a week of your blue inhaler, let's talk about your asthma care and how we can help you. **Book a review with your asthma nurse TODAY**

¹ Hull S A, *et al.* Asthma prescribing, ethnicity and risk of hospital admission: an analysis of 35,864 linked primary and secondary care records in East London. *NPJ Prim Care Respir Med* 2016;**26**:16049

* One to two puffs per inhalation (dose)

