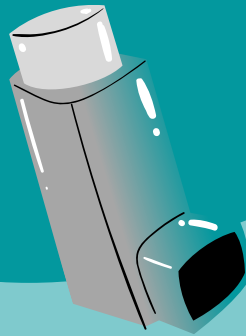


CUTTING CARBON WITH GREENER INHALERS



The NHS in Coventry & Warwickshire are encouraging suitable patients to swap to a more environmentally-friendly “greener” inhaler which could reduce your carbon footprint by the equivalent of driving around 1,740 miles a year.

Leamington North and South Primary Care Networks (PCN) are promoting the use of dry powder inhalers (DPI) instead of metered dose inhalers (MDIs) for respiratory conditions such as asthma and COPD.

This is because evidence shows that many people will be able to achieve the same benefit from using a DPI, which is much kinder to the environment than a metered dose inhaler as it does not use powerful greenhouse gases to propel the medication into your lungs.

As a result, greener inhalers have an estimated carbon footprint equivalent of just 20g per dose compared with 500g in MDIs.

If you use inhalers we encourage you to discuss their carbon footprint with your nurse or GP at your next respiratory review. You will then be invited to work alongside your healthcare professional to make the right choice for you.

If you opt to change to a greener inhaler you will be given training on how to use it.

The PCN is also urging patients to return their used inhalers to their pharmacy for environmentally safe disposal or recycling.