TOP 10 INHALER MISTAKES
Inhaled asthma medicine needs to reach the airways to work. Here are 10 common mistakes made when using a metered-dose inhaler (MDI) and how to correct them.

1. Slouching
   FIX IT: Sitting up straight or standing allows the lungs to fully inhale and provides more power to exhale.

2. Using an empty inhaler
   FIX IT: Request a refill when the inhaler has 30 puffs or doses left.

3. Not shaking or priming the inhaler
   FIX IT: Shake the inhaler canister 10 to 15 times for the medication to be ready to work. When using a new inhaler, prime it by releasing three to four test sprays. Prime again if not used for several weeks.

4. Using an MDI inhaler without a spacer
   FIX IT: A spacer helps more of the medicine get to the airways. Insert the inhaler into the spacer. Spray one puff of medicine and inhale slowly. Hold your breath for a count of 10 and exhale slowly.

5. Spraying several puffs of inhaler into spacer
   FIX IT: Spray only one puff of the inhaler into the spacer for each breath. Breathe out before inhaling. Inhale and hold your breath for a count of 10, then exhale. Repeat for the number of puffs the doctor prescribed.

6. Holding the head too far forward or backward
   FIX IT: The head needs to be in a normal position, not too far back or too far forward, to help make a direct path for the medicine to reach the airways.

7. Tongue or teeth in the way of spacer/inhaler opening
   FIX IT: Put the mouthpiece of the spacer/inhaler in the mouth above the tongue, under the top teeth.

8. Mouth not tight enough around spacer/inhaler
   FIX IT: Close the lips around the mouthpiece of the spacer or inhaler so air does not escape.

9. Directing spacer/inhaler at tongue or roof of mouth
   FIX IT: Aim the spacer/inhaler at the back of the throat, so the medicine reaches the lungs.

10. Inhaling medicine too fast
    FIX IT: Inhale slowly. A whistle sound made when using a spacer means the inhalation is too fast.

Reminders
- Follow instructions for using your inhaler.
- Gargle and spit after inhaling a steroid.
- Show your inhaler technique to your provider.
- Clean the inhaler and spacer according to instructions.

Asthma Facts
- 18.9 million adults have asthma
- One-third of adults with asthma miss work
- Most prevalent among ages 18-24
- 9 asthma deaths occur each day

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