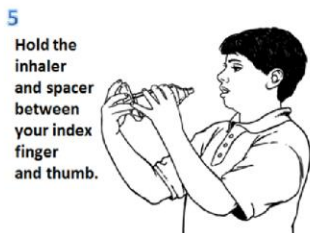
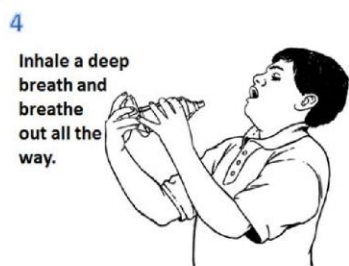
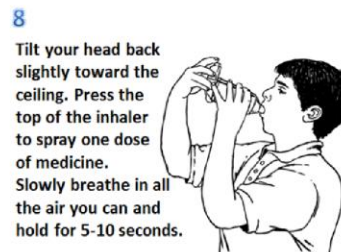
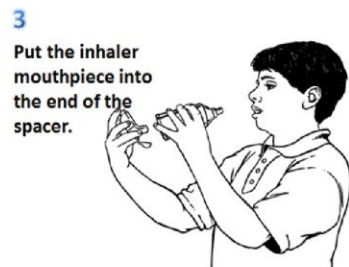
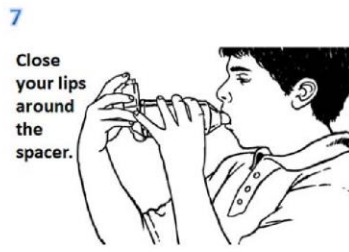
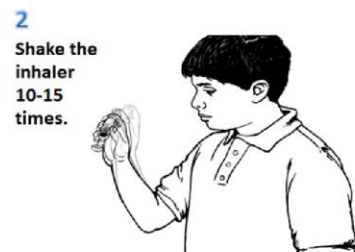
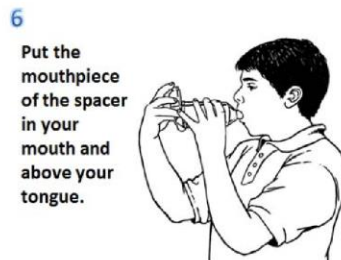
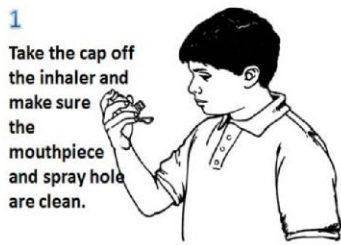




Know How to Use Your Asthma Inhaler Using a metered dose inhaler with a spacer





www.bencormedical.com



Additional Inhaler Tips:

1. Always have your quick-relief medicine with you in case you experience sudden symptoms.
2. Shake well before each use.
3. Follow priming and cleaning instructions found in the inhaler box insert.
4. Use as directed by your healthcare provider. If you feel like you need it more often, talk to your healthcare provider.
5. Always keep the protective cap on the inhaler when not in use. Store your inhaler in a clean plastic bag while carrying it in your pocket or purse.
6. Store your inhaler in a cool, dry place. Never store it in a car. At high temperatures, the medicine in your inhaler will begin to lose its effectiveness.

Asthma Management Tips

Learn more asthma management tips through the American Lung Association's Asthma Basics. This one-hour, interactive web tutorial teaches participants to recognize and manage asthma triggers, Understand the value of an asthma action plan, and recognize and respond to a breathing emergency.

Lung.org/asthma-basics



Study: Confidence in kids' asthma inhaler technique doesn't match actual skills

April 29, 2019



Many children with asthma think they are using their asthma inhaler medications correctly when they are not. This makes it very difficult to keep their asthma under control. A new study in *Annals of Allergy, Asthma and Immunology*, the scientific journal of the American College of Allergy, Asthma and Immunology (ACAAI) finds African American school children, along with their parents, had misplaced confidence in their asthma inhaler technique.

"We know from past studies that both parents and children overestimate the ability of children to properly use their inhaler," said [Anna Volerman, MD](#), lead study author and an assistant professor at the University of Chicago Medicine. "We examined whether parent and child confidence were the same and whether either was a good sign of the child's actual ability to use the inhaler correctly. We found most parents and children overestimated the children's ability based on high confidence by the child — despite inhaler misuse."

The study surveyed 65 pairs of parents and children at four Chicago public charter schools. The age range of the children was 8 to 14 years, most were male and 90 percent were African American. Most parents (80 percent) were female. Nearly all children (97 percent) misused their inhaler. One child demonstrated mastery. A small proportion of children and parents accurately matched their confidence to their child's technique. Five percent of children who were confident in their inhaler technique used their inhaler without misuse, while 4 percent of children whose parents were confident properly used their inhaler. None of the parents underestimated the children's skills.