

# breathe easier

**A simpler way to manage your COPD with just one inhaler...**

**Tired of using lots of inhalers every day?**

It can be difficult to remember which inhaler to use and when. Some can be hard to use, and it's easy to forget a dose.

There is a much simpler option — an all-in-one inhaler that combines all the medicines from your usual inhalers into one.

You CAN still keep your blue inhaler for sudden breathlessness, but the all-in-one inhaler helps keep your lungs healthy every day, so you may find you don't need to use your blue inhaler as often.

Using fewer inhalers also helps the environment, as there will be less waste.

## **What's in this inhaler?**

Your new inhaler contains three medicines that work together to help you breathe more easily. Two of them open up your airways and the other one reduces swelling inside of the airways.

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## Why make the change?

- Just one regular inhaler, not two or three
- Easy to use
- Helps reduce COPD flare-ups (times when your breathing gets worse)
- Gives you better control of your breathing
- Less fuss and easier to remember
- Follows latest NHS advice

## What if I don't want to change?

The latest research shows that the all-in-one inhaler can reduce the risk of serious COPD flare-ups. Severe flare-ups can seriously harm your health and can be even more damaging than a heart attack.

Using the inhaler that's right for you can help keep your lungs stronger and lower your risk of flare-ups.

## What patients are saying

"I still have my blue inhaler, but now my other two are in one easy to use inhaler. It's so much better and I don't need my blue one as often."

"I only have to remember how to use one regular inhaler, so I don't get confused."

"Having one inhaler instead of two, or three, helps the environment too."

Your GP practice may contact you for a review about updating your inhalers, based on the latest NHS advice. You can also talk to your pharmacist, GP or COPD nurse about any questions or concerns you may have.

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