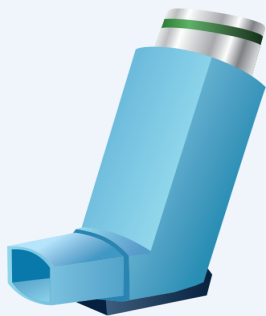




Did you know that your inhaler might contain powerful greenhouse gases?

One puff can have the same carbon footprint as driving a whole mile in a car. Thankfully there are newer inhalers available that do not have the same impact on the environment.

The most important thing is to keep your disease under control, **so please ask us about these** greener options or how your condition may be better managed to reduce the need for inhalers.



Aerosol inhaler



This type of inhaler has a carbon emission equivalent of driving **175 miles**. That's the same as driving from Frimley to Liverpool.



Powder inhaler



This type of inhaler has a carbon emission equivalent of driving **4 miles**. That's the same as driving from Frimley to Bagshot or Windsor to Slough.

You can find out more about this at <https://greeninhaler.org/> or speak with your GP, nurse or pharmacist about your inhalers.

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