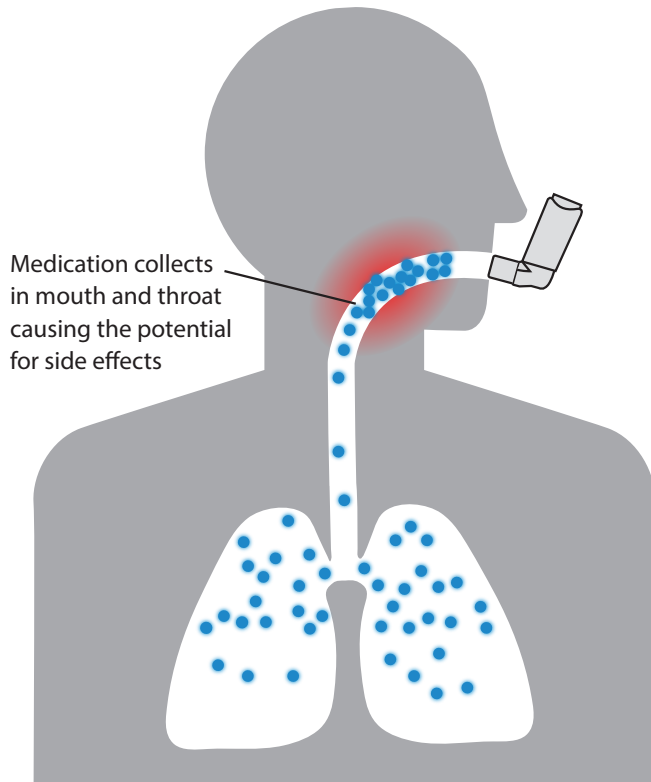
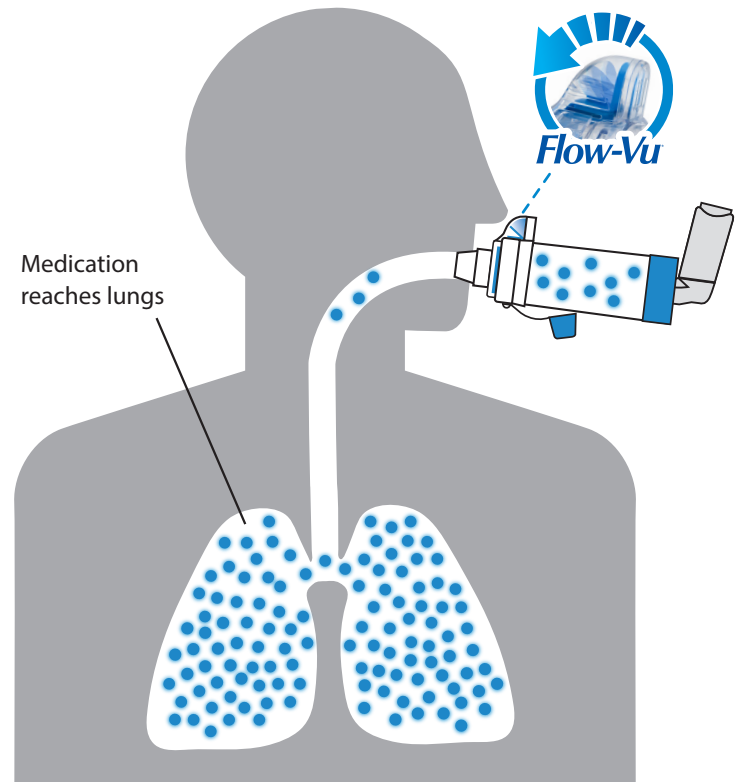


People who use a valved holding chamber with their inhaler have **better control**.¹



Medication collects in mouth and throat causing the potential for side effects

Inhaler alone — Majority of people do not use their inhalers properly²



Medication reaches lungs

Inhaler with **AeroChamber Plus**^{*} Brand of Chamber³

9  **10** out of
Canadians with asthma don't have it under control.⁴



Guidelines recommend chambers for children and adults.⁵

Do not substitute.
Chambers are not interchangeable⁶

AeroChamber
Plus **Flow-Vu**
Anti-Static Valved Holding Chamber

My Medications

My preventer inhaler:

NAME _____

COLOUR _____

I need to take my preventer inhaler every day even when I feel well.

I take _____ puff(s) in the morning and _____ puff(s) at night.

My rescue inhaler:

NAME _____

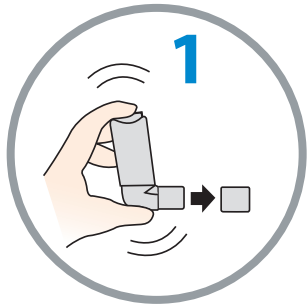
COLOUR _____

I take _____ puff(s) of my rescue inhaler when required, up to _____.

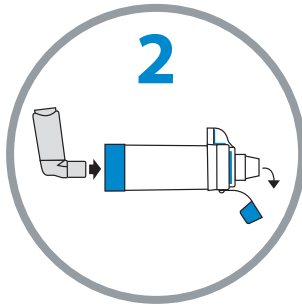
Other medications I take: _____

Notes: _____

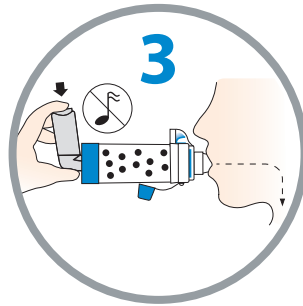
Easy as 1-2-3



Shake inhaler and remove cap.



Insert inhaler into chamber.



Press inhaler and inhale slowly and deeply, holding your breath for 5 – 10 seconds.

OR
Press inhaler and breathe in and out through the chamber for 2 – 3 breaths.



Scan for videos



Dishwasher Safe

Flow-Vu*

See the difference visual assurance can make. The **Flow-Vu*** Inhalation Indicator moves as you inhale and helps provide visual assurance of correct use and medication delivery.



FREE

Carrying Case† when you join

myAeroChamber.com

www.myaerochamber.com

1 Levy ML, Hardwell A, McKnight E, Holmes J. Asthma patients' inability to use a pressurized metered-dose inhaler (pMDI) correctly correlates with poor asthma control as defined by the Global Initiative for Asthma (GINA) strategy: a retrospective analysis. *Prim Care Respir J*. 2013;Dec;22(4):406-11. 2 Plaza V, Sanchis J. Medical personnel and patient skill in the use of metered dose inhalers: a multicentric study. *Respiration* 1998;65:195-8. 3 Singh D et al. Effect of **AeroChamber Plus** on the lung and systemic bioavailability of beclomethasone dipropionate / formoterol pMDI. *British Journal of Clinical Pharmacology* 2011;72(6):932-9. 4 The Lung Association, Asthma Control in Canada Survey 2016. 5 Global Initiative for Asthma. *Global strategy for asthma management and prevention 2011*. Available at: www.ginasthma.org/guidelines-gina-report-global-strategy-for-asthma.html 6 Drug Safety Update – Inhaled products that contain corticosteroids, July 2008. Medicines and Healthcare Products Regulatory Agency. †While supplies last. See website for full details. ‡#1 Brand based on independent survey of Pharmacists and Physicians.

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Designed and Developed in Canada

BREATHE
the lung association

The Lung Association believes that using the **AeroChamber Plus Flow-Vu** VHC with your metered dose inhaler helps to ensure medication is delivered to where it is needed in your lungs