

Exmouth Pharmacy

ALWAYS THERE FOR CARE

BREATHE BETTER. LIVE BETTER.

ASTHMA & INHALER CARE

Your pharmacist can help you understand your medications, reduce symptoms, avoid triggers, and stay in control of your breathing—every day.



BETTER CONTROL

Fewer symptoms, fewer flare-ups, better quality of life.



PREVENT & PROTECT

Prevents help stop symptoms before they start.



USE IT RIGHT

The right technique makes your inhaler work better.



WE'RE HERE TO HELP

Personalized advice, education, and ongoing support you can trust.

TYPES OF INHALERS



RELIEVER (Rescue)

Quick relief for sudden symptoms.

- Short-acting bronchodilators
- Use as needed.



PREVENTER (Controller)

Reduce inflammation and prevent symptoms.

- Inhaled corticosteroids (ICS)
- Long-acting bronchodilators
- Combination inhalers
- Use every day, even when feeling well.

WHY RINSE YOUR MOUTH



- ✓ Steroid inhalers can cause thrush (oral yeast infection).
- ✓ Rinsing removes leftover medicine.
- ✓ Helps prevent hoarseness and irritation.

Rinse, gargle, and spit after each use.

THE RIGHT WAY TO INHALE

- 1 Shake inhaler (if required).
- 2 Breathe out fully.
- 3 Place mouthpiece in mouth and seal lips.
- 4 Breathe in slowly and deeply while pressing the inhaler.
- 5 Hold your breath for 10 seconds.
- 6 Breathe out slowly.
- 7 If a second puff is needed, wait 30–60 seconds.



Good technique = more medicine in your lungs and better results.

ALLERGIES & ASTHMA

Allergies can trigger or worsen asthma. Managing allergies can help you breathe easier.

We can help with:

- ✓ Allergy medications
- ✓ Nasal sprays
- ✓ Advice on reducing exposure
- ✓ Immunizations (where applicable)



COMMON TRIGGERS



Pollen



Dust & Dust Mites



Pet Dander



Mold



Smoke



Strong Odors & Perfumes



Cold Air



Exercise



Air Pollution

Identify your triggers and take steps to avoid them.

WE CAN SUPPORT YOU



- ✓ Medication reviews
- ✓ Technique checks
- ✓ Action plan guidance
- ✓ Monitoring & follow-up
- ✓ Refill reminders
- ✓ Education & counseling

We're your partner in breathing better.



BREATHE EASY, WE'RE HERE FOR YOU.
Better control. Fewer flare-ups.
More life. Less worry.

BOOK A MEDICATION REVIEW TODAY.
Walk in or call us to speak with your pharmacist.



CALL US

519-491-6861



500 Exmouth St. #3
(Northgate Plaza)
Sarnia, ON N7T 5P4
Fax: 519-491-7949



FREE BLISTER PACKAGING



FREE DELIVERY IN SARNIA



LOCAL CARE YOU CAN TRUST



ALL DRUG PLANS ACCEPTED

We do not replace your doctor. We work with your healthcare team to support your health.



ASTHMA & INHALER CARE





GET THE MOST FROM YOUR INHALER.

Different inhalers work in different ways.
Using your inhaler correctly helps more medicine reach your lungs so you can breathe easier.

TYPES OF INHALERS

pMDI (Metered-Dose Inhaler)



- Uses a pressurized spray.
- Often used with a spacer for better results.
- Shake before use (if required).
- Breathe in slowly while pressing down.

EXAMPLE MEDICATIONS:

Salbutamol, Fluticasone, Budesonide, Combination (ICS/LABA)

DPI (Dry Powder Inhaler)



- Uses your breath to get the medicine.
- No shaking needed.
- Breathe in quickly and deeply.
- Keep it dry.

EXAMPLE MEDICATIONS:

Budesonide, Formoterol, Salmeterol, Combination (ICS/LABA)

SMI (Soft Mist Inhaler)



- Delivers a slow-moving mist.
- From a liquid medication.
- Breathe in slowly and deeply.
- Hold your breath for 10 seconds.

EXAMPLE MEDICATIONS:

Tiotropium (Spiriva® Respimat), Tiotropium/Olodaterol, Salbutamol/Ipratropium (Combivent® Respimat)



All three devices deliver measured medication, but they use different methods to get it into your lungs. Your pharmacist can help you choose the right device and show you the right technique.

LET'S TALK WITH YOUR PHARMACIST



BRING YOUR QUESTIONS

We're here to answer your questions about:

- ✓ Your inhaler technique
- ✓ Side effects
- ✓ Cost or coverage
- ✓ Any concerns



SHARE WHAT YOU EXPERIENCE

Tell us about:

- ✓ How your symptoms are
- ✓ How often you use your reliever
- ✓ Any challenges you're facing



TOGETHER WE CAN IMPROVE

We'll work with you to:

- ✓ Make sure your inhaler is right for you
- ✓ Adjust your plan if needed
- ✓ Help you breathe better every day

COMMON TRIGGERS TO WATCH FOR



Pollen

Trees, grass and weeds can trigger symptoms.



Dust & Dust Mites

Found in home dust, bedding and carpets.



Pet Dander

Fur and skin flakes from pets can cause flare-ups.



Mold

Damp areas can lead to mold that triggers asthma.



Smoke

Cigarette smoke, wood smoke and wildfire smoke.



Strong Odors & Perfumes

Scents and chemical smells may trigger symptoms.



Cold Air

Cold, dry air can irritate airways.



Exercise

Physical activity can trigger symptoms in some people.



Air Pollution

Pollution and traffic fumes can worsen asthma.

Identifying and avoiding your triggers can help you stay in control of your asthma.

TIPS FOR SUCCESS



Use your inhaler at the same time every day.



Read the instructions and follow them carefully.



Keep your inhaler clean and in good condition.



Track your use and bring your inhaler to every appointment.



Rinse your mouth after using steroid inhalers.



If your symptoms get worse, contact us.

WHY RINSE YOUR MOUTH?



Steroid inhalers can cause thrush (oral yeast infection) and hoarseness.

Rinsing removes leftover medicine and helps prevent irritation.

Rinse, gargle, and spit after each use.

WHEN TO ASK FOR HELP

Contact your pharmacist or healthcare provider right away if:

- ✓ Your inhaler doesn't seem to be working
- ✓ You're using your reliever more often than usual
- ✓ Your symptoms wake you up at night
- ✓ Your breathing gets worse
- ✓ Your reliever doesn't help

Don't wait—early help can prevent flare-ups.

YOUR INHALER NEEDS CARE TOO



Wipe the mouthpiece regularly with a clean, dry cloth.



Keep it dry. Store in a cool, dry place.



Check the dose counter (if your inhaler has one).



Replace your inhaler when it's empty or expired.

A well-cared-for inhaler works better.



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