



Three Chequers Medical Practice

72 Endless Street
Salisbury
SP1 3UH

T: 01722 336441

www.3chequers.co.uk

Dear patient

We are writing to let you know about an NHS national request that has been made a priority for us to action this year. This relates to one of the most effective ways for the NHS to reduce its greenhouse gas emission footprint and help combat climate change. As a practice we are really keen to do all we can to support this, and we will be grateful for your support and understanding.

You are receiving this message because you currently have inhalers for asthma or COPD on repeat prescription that contain propellants which are powerful greenhouse gases. There is a much better alternative.

We will shortly be changing your repeat prescription to a more environmentally friendly inhaler known as an Easyhaler. This contains the same dose and formulation of the active drug salbutamol as your previous salbutamol inhaler, but does not have the same damaging propellants. This new Easyhaler produces about 90% less CO₂e than its traditional equivalents and is just as effective. This is not a cost saving issue, Easyhaler being slightly more expensive.

When you next need to request a Salbutamol inhaler please do give this Easyhaler a good try. It is slightly different and requires a different technique to take it effectively. To use this one you need to click it to load it, get a good seal with your lips and then take a deep firm breath in and hold your breath. There are many resources online with videos explaining how to use it, please do have a look – this one might help;

www.asthma.org.uk/advice/inhaler-videos/easyhaler

You can ask your pharmacist to help explain and demonstrate this, and the respiratory team here at the practice will also happily review this with you. If you do find you are really struggling and it is not suiting please do contact the surgery and we can change it back, not a problem.

We also ask you to please return your used inhaler to your Pharmacy for correct disposal, they are then incinerated which thermally degrades the propellants into far less potent greenhouse gases. Some pharmacies may have access to inhaler recycling facilities which also allows both the plastic and the gases to be recycled.

There is some more information on the Asthma section of our website *[insert link when ready]*.

With thanks and best wishes,

Yours Sincerely,

Dr Sam Dominey and the Practice Team.

Three Chequers Medical Practice