

Mayo Clinic Minute: How to use an asthma inhaler

	<p>When asthma symptoms flare, an inhaler is the first line of treatment. Different types of inhalers serve different purposes, and knowing how to use each type is key to breathing easier.</p>
<p>JACQUELINE SQUIRE, M.D. ALLERGY AND IMMUNOLOGY Mayo Clinic</p>	<p>"There's short-acting, which is like our rescue inhalers. And then for really more persistent asthma, we're going to want you on a daily inhaler."</p>
	<p>Rescue inhalers, also called metered-dose inhalers, are pressurized to deliver medication fast. To get the most medicine in your lungs, Dr. Squire recommends using a spacer.</p>
	<p>"Empty out your lungs. Place it inside of your mouth. And then press down and slowly breathe in. Hold your breath to at least the count of five. Ten is even better. And then slowly exhale. And you can repeat that again if you need to take another dose."</p>
	<p>Dr. Squire says the process differs slightly for dry-powder inhalers, which should not be used with a spacer.</p>
	<p>"This one you do not want to cover the little vents on the side. Place it inside your mouth and take a deep breath in. So again, empty your lungs and then again count to five or 10. And then slowly breathe out."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>