

# Your Corticosteroid Inhaler: Making It Easier to Breathe

[BREATHING] Breathing in and out.

It happens without any thought.

But for you, breathing normally depends on using your corticosteroid inhaler.

And that is something to think about. [PUFF] Nobody likes to be reminded that they need a little help breathing.

And a lot of people have their reasons for not using their inhaler.

You have yours too.

Side effects can be a bother.

An inhaler can be hard to use. [PUFF] Or you may wonder if steroids affect other parts of your body.

[POPS] ["OOOHHH"] If you're having problems, here are some ideas that might help.

If your mouth hurts, try rinsing your mouth out after using your inhaler.

If your inhaler is hard to use [PUFF], talk with your doctor about easier ways to use it so that all the medicine gets into your lungs. [PUFF] And if you're worried about how steroids could affect other parts of your body... [POP] ["OOOHHH"] The steroids in your inhaler are a different type than the muscle-building, hair-growing kind.

And because you inhale the medicine, it goes right to your lungs. [PUFF] Remember that when you don't use your inhaler, you may have difficulty breathing, and that can keep you from enjoying your life. [SIGH] So try this.

Write down what makes it hard for you to use your inhaler.

Next to it, write down some solutions that you could try.

And then, pick one of the ideas that you think would work best for you.

And if you'd like, you can add how an inhaler makes your life better.

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Using your inhaler [PUFF] is one of the best things you can do to breathe easier.

Your doctor and care team are there to help.

Tell them what you don't like about using it, so together you can find ways to keep using it.

Because when you think about it, your inhaler helps you and the people who care about you to breathe and rest easier. [BREATHING]