

Your inhaler is only as good as your inhaler technique

for users of metered dose inhalers



The speed at which you breathe in through your inhaler matters and, if you're using the most commonly-prescribed inhaler^{Ref 1} (the "metered dose inhaler" or "puffer"), you, and your healthcare professional, are probably doing it too fast.^{Ref 2,3,4,5.}

Inhaling too fast means you are effectively halving the amount of medication that should be reaching your lungs. You're also at greater risk from unpleasant side effects from the wasted medication.

2Tone is a handy device that trains you to inhale at the correct speed, helping you to control your asthma more effectively. People using 2Tone quickly optimise their inhaler technique and benefit from a better quality of life.^{Ref 6}

2tone
the inhaler trainer

Are you suffering the side effects of wasted medication?



Inhale too fast and less than half reaches the lungs



The full dose reaches the lungs at the right speed

Many studies confirm that the speed at which you inhale using a pMDI (pressurised metered dose inhaler) matters enormously and that few patients get it right. You've probably been taught incorrectly (the majority of healthcare professionals are getting it wrong too) or, perhaps, you've just got into bad habits. Whatever the reason, it's important you improve your inhaler technique.

It's a convoluted pathway to the lungs and medication can get stuck on the way if it's travelling at the wrong speed. If you breathe in too fast a lot of medication hits the back of the throat rather than getting to where it can do most good - the lungs. So, you not only reduce the effectiveness of your inhaler, but you also put yourself at a higher risk from side-effects such as thrush, palpitations and headaches.

2Tone is easy to use and similar in shape and feel to a real inhaler. Practising with 2Tone regularly will help you learn how to use your inhaler properly. Developed with the aid of leading UK asthma and respiratory healthcare professionals, it teaches you to breathe in slowly and deeply by the noise it makes when you inhale:

2 TONES = TOO FAST

1 NOTE = JUST RIGHT

SILENCE = TOO SLOW

Once you've learned to inhale at the right speed, you'll find you breathe in for much longer - giving you plenty of time to press the canister whilst you're inhaling.

2Tone - putting a stop to bad inhaler habits



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Refs: 1. IMS data 2005. Ref 2. Pearce L. A Study Using The In-Check Dial™ (ICD) To Evaluate Inspiratory Technique American Journal of Respiratory and Critical Care Medicine. 2002;165 (8):B3 Ref 3. Conlin T. Inspiratory flow rates of children who use metered dose inhalers. Poster P-21, National Conference on Asthma 2003, Washington, D.C. Ref 4. Tarsin W.Y. et al. Peak inhalation rates (PIFRs) of COPD patients when using a Metered Dose Inhaler (MDI) and recently introduced Dry Powder Inhalers (DPI). *Thorax* 2003; 58 (S3) iii 73. Ref 5. Bell J. Inspiratory Flow of UK Healthcare Professionals demonstrating use of an MDI. Presented at ERS Annual Scientific Meeting, Stockholm 2007 (No. 91, Primary Care Day, 15/9/07) Ref 6. Al-Showair R.A.M., Pearson S.B., Chrystyn H. The Potential of a 2Tone Trainer To Help Patients Use Their Metered-Dose Inhalers *Chest*. 2007; 131: 1776-1782