

Inhaled Medication Education

It is important when taking your inhaled medication(s) to use proper breathing techniques. Below are short videos from the American Lung Association about using asthma medicine devices to help you or a loved one manage asthma or chronic obstructive pulmonary disease (COPD). Please note any questions that arise when reviewing the material and share them with your healthcare provider at your next visit or contact your care team to learn more about medication.

You may bookmark the website on your device for reference:

<https://health.ucdavis.edu/internal-medicine/pulmonary/resources/inhaled-medication-edu>

YouTube Closed Captioning and Auto-Translate Function Tutorial

1. Press the closed-caption (CC) button for subtitles.



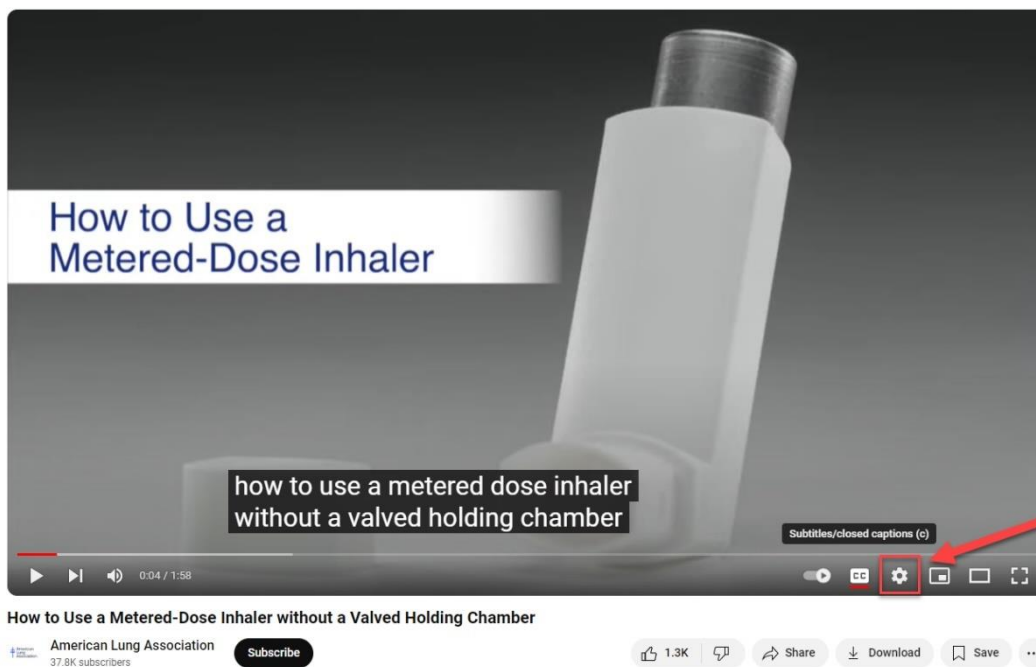
How to Use a Metered-Dose Inhaler without a Valved Holding Chamber

American Lung Association
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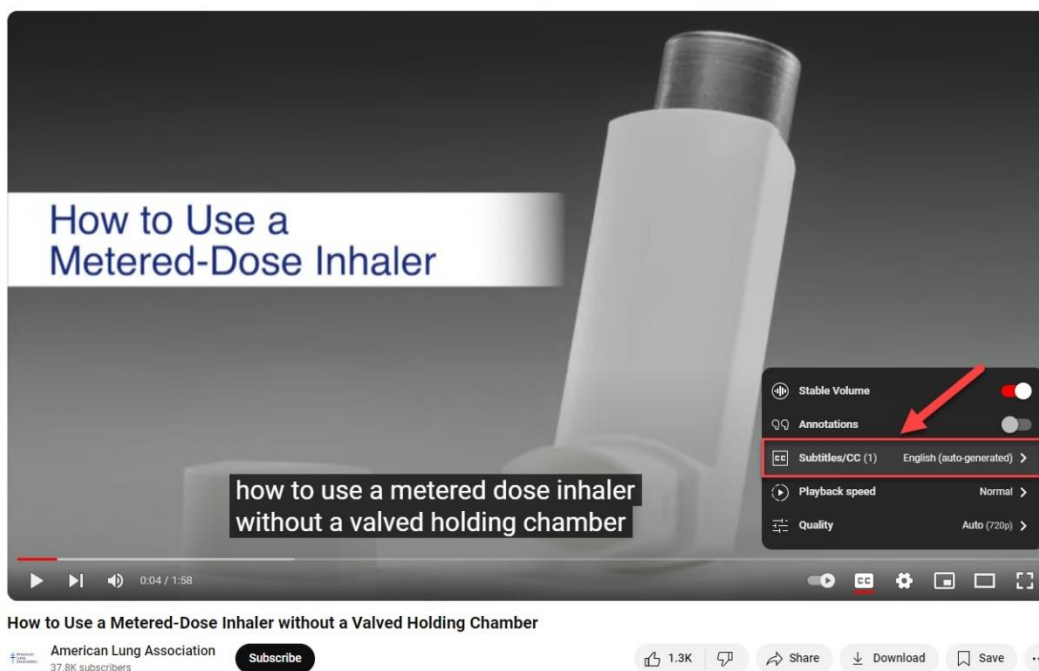
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