There are two main types of inhalers:

- **Metered-dose inhalers (MDIs):** These are the most common type of inhaler. They come in a canister with a mouthpiece. When you press down on the canister, a puff of medication is released.
- **Dry powder inhalers (DPIs):** These inhalers contain a capsule of medication that you pierce with a needle-like device. When you inhale, the medication is drawn into your lungs.

How to use an inhaler:

- The exact way to use an inhaler will vary depending on the type of inhaler you have. It is important to follow the instructions provided by your doctor or pharmacist.
- In general, you will need to:
    - Remove the cap from the inhaler.
    - Shake the inhaler (if it is an MDI).
    - Breathe out fully.
    - Place the mouthpiece of the inhaler in your mouth and seal your lips around it.
    - Start to breathe in slowly and deeply, and as you do, press down on the canister (if it is an MDI) or press the release button (if it is a DPI).
    - Hold your breath for a few seconds, then breathe out slowly.
    - If you need to take another puff, wait for a minute before repeating the steps above.
    - Rinse your mouth with water after using your inhaler to help prevent thrush (a fungal infection of the mouth).

Why to use an inhaler:

Inhalers are used to deliver medication directly to the lungs, where it can act quickly and effectively. This is more efficient than taking medication by mouth, which has to be absorbed into the bloodstream before it can reach the lungs.

Inhalers are used to treat a variety of respiratory conditions, including:

- Asthma: Inhalers are the main treatment for asthma. They can help to prevent and relieve asthma symptoms such as wheezing, shortness of breath, and coughing.
- COPD: Inhalers can help to relieve symptoms of COPD such as shortness of breath, wheezing, and chest tightness.
- Emphysema: Inhalers can help to relieve symptoms of emphysema such as shortness of breath and coughing.

Basic information about inhalers:

- Inhalers are safe and effective when used correctly.
- It is important to get your inhaler technique checked by your doctor or pharmacist to

make sure you are using it correctly.
- Do not share your inhaler with anyone else.
- Keep your inhaler clean and dry.
- Make sure to replace your inhaler when it is empty or when the expiration date has passed.

I hope this information is helpful. Please let me know if you have any other questions.