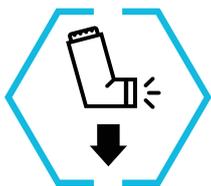


SABA RELIEVER MEDICATION AND THE ENVIRONMENT



We're calling for policymaker action to reduce over-reliance on SABA inhalers to improve asthma outcomes, which can also have an important positive impact on the environment.

New analysis of respiratory inhaler medicine use in the UK shows that 83% of all short-acting beta2-agonist (SABA) relievers for asthma are prescribed to patients who are potentially overusing their reliever medication.¹

The overuse of SABA relievers is responsible for 250,000 tonnes of CO2 equivalent annually, which has a carbon footprint similar to driving an average diesel car for approximately 900 million miles.^{1,2}

The prescription of three or more SABA inhalers per year is associated with poor asthma control, approximately twice the number of exacerbations compared with low SABA users (prescribed 0-2 inhalers/year) and increased asthma-related healthcare utilisation.^{3,4}

Further results from the analysis showed that SABA inhaler use drives 70% of greenhouse gas emissions (GHG) from inhaler devices in the UK.¹ The per capita use of all SABA reliever inhalers in the UK was approximately treble or more than that observed in other large European countries, resulting in even higher GHG emissions.¹ This new analysis shows that reliever overuse is also a major contributor to greenhouse gas emissions in respiratory care. Improvements to asthma care by reducing reliever reliance could therefore have a positive impact on the environment.

All asthma patients are at risk of severe exacerbations regardless of their disease severity, adherence to treatment or level of control.^{5,6,7} There are an estimated 176 million asthma exacerbations globally per year;⁸ these are physically threatening and emotionally significant for many patients.⁹ However, despite asthma being a chronic, variable inflammatory disease, many patients are either under-prescribed or under-use their anti-inflammatory maintenance therapy and may over-rely on their SABA reliever, which can mask symptom worsening.^{10,11,12,13}



The Global Initiative for Asthma no longer recommends SABA taken as-needed as the preferred reliever therapy.¹⁴ Prescription of three or more SABA inhalers per year is associated with increased risk of poor clinical outcomes in asthma as well as hospitalisation.¹⁴

SABINA

The SABA Use IN Asthma (SABINA) global programme, funded by AstraZeneca, is the largest real-world data analysis of clinical outcomes related to SABA use and maintenance therapy in asthma, consisting of an innovative framework of harmonised, large-scale observational studies across 40 countries.¹⁵

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This is not medical advice. DO NOT stop or change your asthma medication without consulting your healthcare professional. It is important to continue to take your Blue Reliever Inhaler as directed by your healthcare professional, including during any worsening of your asthma or prior to exercise.

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