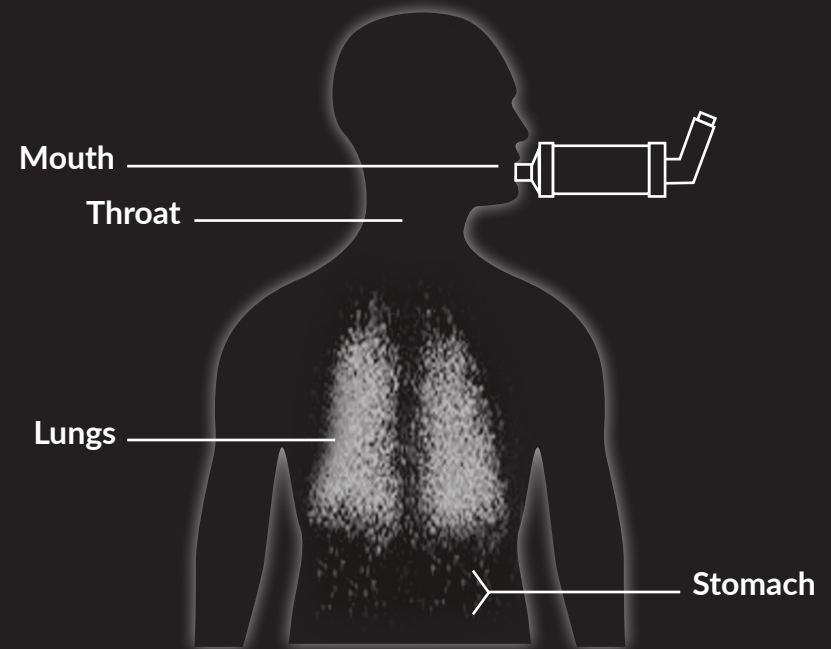
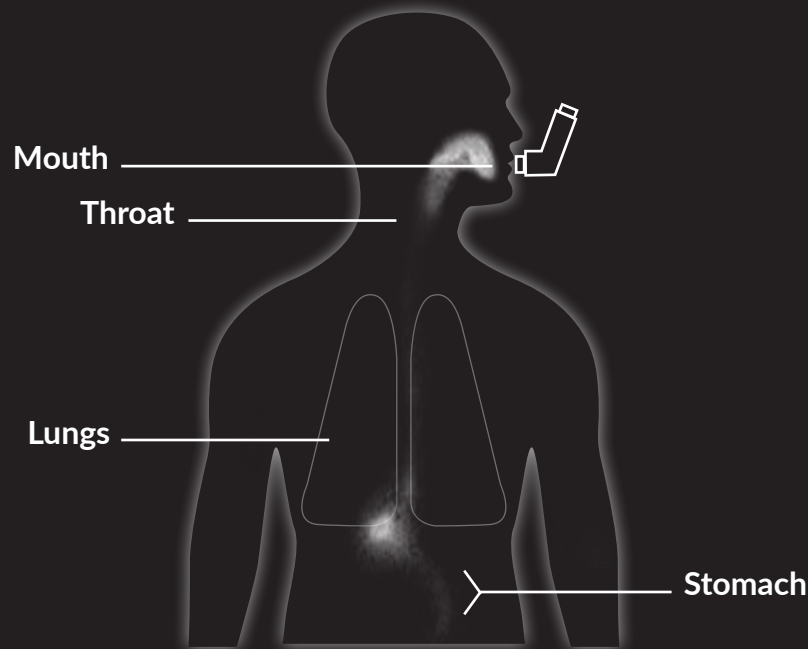


# Where Does Your Asthma Medicine Go?



## Using Just Your Inhaler

Metered-dose inhalers can spray medicine as fast as 60 miles per hour, causing the medicine to hit the back of your throat or roof of your mouth.

## Using Inhaler With Spacer or Valved Holding Chamber (VHC)

By simply attaching a valved holding chamber or spacer to your metered-dose inhaler, you can:

- Help the medicine move past your mouth and throat and get deep into your lungs where it can do its work
- Avoid problems with spraying and breathing at the same time
- Keep you from breathing the medicine in too fast
- Make it easier to take your medicine when you are having asthma symptoms



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