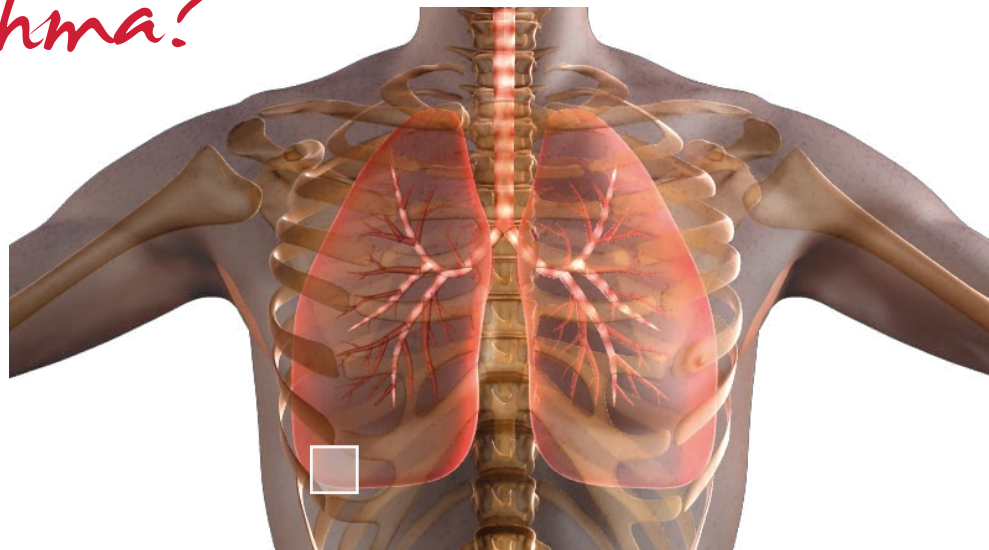
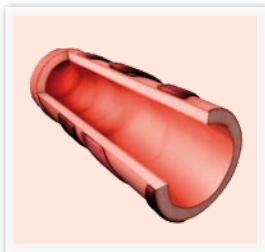


# What is Asthma?

Asthma affects the airways in the lungs. Its symptoms are caused by inflammation, which makes the airways swollen, narrower and extra-sensitive to irritants (or 'triggers'). People with asthma can experience recurrent wheezing, breathlessness, feeling tight in the chest and coughing. Asthma symptoms can be especially troublesome at night or early in the morning.



Healthy Airways



Asthma treatments help open the airways so air flows more freely.

Asthma Affected Airways



In asthma affected airways, inflammation and mucus cause the airways to narrow and the muscle tissue surrounding the airways to tighten (bronchoconstriction).

## Asthma Triggers

Asthma triggers vary for different people. People also differ in how severely they react to various asthma triggers.

Triggers include:



Cold air or cold, damp weather



Pollens



Perfumes or other strong scents



Animal fur and/or dander



Smoke



Exercise



Dust mites or dusty environments

## Manage Your Asthma

Managing asthma effectively means reducing the inflammation in your airways and opening them up by relaxing the muscle tissue that surrounds them.

You should always take your asthma medication as recommended by your doctor. The severity of your asthma will determine which medications will be right for you.

## Main Asthma Treatments

### Preventers



Preventer inhalers (usually brown or orange) reduce inflammation in the airways to make them less sensitive to asthma triggers.

### Relievers



Reliever inhalers (usually blue), give rapid relief from asthma symptoms. They relax the muscle tissue that surrounds the airways to open them up within 1-3 minutes.

### Symptom Controllers



Symptom controller inhalers (usually green) also relax the muscle surrounding your airways, but they last for around 12 hours. Symptom controllers are taken twice a day, morning and night. Asthma symptom controllers should always be taken with a preventer.

### Combination Medicines



Combination inhalers (either red or purple) contain a preventer and a symptom controller in one inhaler. They open up the airways (preventing the feeling of chest tightening) and reduce the inflammation that causes asthma.

**Vannair is a combination medicine. It's taken morning and night.**

# Don't let asthma slow you down.

Vannair acts fast,\* so you can feel it working right away.†

Because Vannair opens your airways within 1-3 minutes after you take it,\* you'll know it is working, so you can get on with what you want to do with your day.

*Vannair. Get on with Life!*

Vannair is a unique combination asthma treatment. It contains two medicines in one puffer - one to help prevent your asthma from occurring, and one to help control your symptoms for at least 12 hours.

Vannair should be taken morning and night. You also need to carry a blue reliever inhaler with you, just in case you have symptoms. This would be in an emergency or rescue situation where immediate relief is required.

*Take the Asthma Control Test.*

<http://vannair.co.nz/?page=ask-your-doctor>

**Ask your doctor if  
Vannair is right for you.**

### Take the Asthma Control Test See if Vannair is Right for You.

Answer these questions online and print out to discuss the results with your doctor.

- Do you use an asthma preventer (usually an orange or brown inhaler) but you still have asthma symptoms?
- Do you use your blue reliever inhaler more than twice a week?
- Does asthma limit your activities?
- Do you ever wake at night or in the early morning because of asthma?
- Have you recently needed urgent medical care for your asthma, such as an unscheduled visit to a doctor, an after hours clinic or a hospital emergency department?

If you have answered 'Yes' to any of these questions, you may be able to improve your asthma control.

Ask your Doctor about Vannair today to find out whether it is the right treatment for you.

Print and take to your Doctor

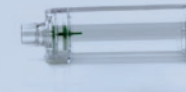


### Your Vannair Inhaler

Vannair comes in a puffer inhaler. The cap is attached to prevent loss and to keep the mouthpiece clean.



The dose counter shows you how many doses are left - so you can tell when to get a new Vannair inhaler.



### Optional Spacer

Vannair is designed to fit a small volume spacer. Your doctor will tell you if you could benefit from using a spacer.

\* The bronchodilating effect of eformoterol has an onset of effect within 1-3 minutes after inhalation.<sup>1</sup>

† Budesonide/eformoterol demonstrated a more rapid onset of clinically significant bronchodilation and a greater percentage of patients who perceived their medication working right away versus budesonide or placebo.<sup>2</sup>

**References:** 1. Vannair Datasheet, 4 July 2011 2. Kaiser H et al. Ann Allergy Asthma Immunol 2008;101:295-303.

**Vannair should not be used for rescue/emergency treatment. Use your blue reliever inhaler.**

**Prescription medicine.** Use strictly as directed. Do not exceed maximum dose. If symptoms continue or you experience side effects, see your healthcare professional. Vannair is indicated for the regular treatment of asthma. Contains budesonide 100ug or 200ug per dose (preventer) and eformoterol 6ug (symptom controller). Tell your doctors if you have thyroid problems, heart problems, diabetes, problems with potassium levels, pregnancy, breast feeding. Do not use if you are allergic to budesonide or eformoterol. Common side effects: mild irritation in the throat, coughing, hoarseness, thrush (fungal infection in mouth and throat), headache, trembling, fast or irregular heartbeat. Rarely, allergic reactions. Not all patients are eligible for treatment with Vannair. Fully funded under certain criteria. Your doctor's fee and a prescription fee will apply.

**For Consumer Medicine Information see [www.medsafe.govt.nz](http://www.medsafe.govt.nz)**

Vannair is a trademark of AstraZeneca Group. AstraZeneca Limited, P299 Private Bag 92175, Auckland 1142. Telephone 09-306 5650, Facsimile 09-306 5651. TAPS NA5251 08/11 essence AZ5524



**Vannair™**  
budesonide/eformoterol