

6 May 25

Asthma inhalers – getting the best bang for your puff

World Asthma Day – 6 May 2025



On World Asthma Day, rural doctors are urging patients to review their asthma inhaler usage, saying that many are not receiving the correct dosage due to poor inhaler technique.

President of the Rural Doctors Association of Australia (RDAA), Dr RT Lewandowski, said that the incorrect usage of inhalers is impacting asthma sufferers right across the country.

“Asthma is hugely common in Australia, affecting more than 10% of the population, or about 2.8 million people” Dr Lewandowski said.

“Of that 2.8 million, only about 1 million actually have an asthma plan but, quite shockingly, [research shows](#) that for some types of inhalers a whopping 94% of asthmatics are using their them incorrectly.

“Incorrect usage of these inhalers can reduce the delivery of the active ingredient, meaning that not enough of the drug gets into the lung, and the effectiveness of the inhaler can be significantly reduced, and the risk of severe flare-ups and hospitalisation increased.

“Incorrect use of inhaled corticosteroids can also increase the risk of side-effects like a hoarse, raspy throat or oral thrush,” Dr Lewandowski said.

“Concerningly, quite a number (25%) of patients have never been shown the correct way to use their inhalers, or have not received enough instruction or checks on how they are going with them.

“There are excellent combinations of preventers and relievers available in Australia, so the majority of asthmatics should be able to keep their asthma from affecting them the majority of the time.

“If you are struggling to manage your asthma with your current medication there are two things that are important to do.

“First, check your inhaler usage. There are some great [‘How To’ resources available from the National Asthma Council](#) that can help you out with making sure that you are getting the most out of your current medications.



“But if you are still having trouble keeping your asthma under control, make an appointment with your rural doctor to update your asthma plan,” Dr Lewandowski said.

“An Asthma Action Plan aims to help prevent and control asthma symptoms. It will detail:

- How to look after your asthma daily
- What to do if your asthma starts to flare-up
- What to do if your asthma flare-up is severe
- What to do in an asthma emergency.

“While ideally these plans should be reviewed every 12 months, we know that people are busy and, particularly in rural areas it is often hard to see a doctor. So if things are fine, just keep rolling with them, but if you find that you are needing to use your reliever more often than you should be then that is a good indication that your plan needs reviewing.”

For more information on asthma nanomagnet, visit [Asthma Australia](#) or [National Asthma Council Australia](#).

Download:

[Photo of Dr RT Lewandowski](#)

Available for interview:

RDAA President, Dr RT Lewandowski

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State specific contacts also available

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