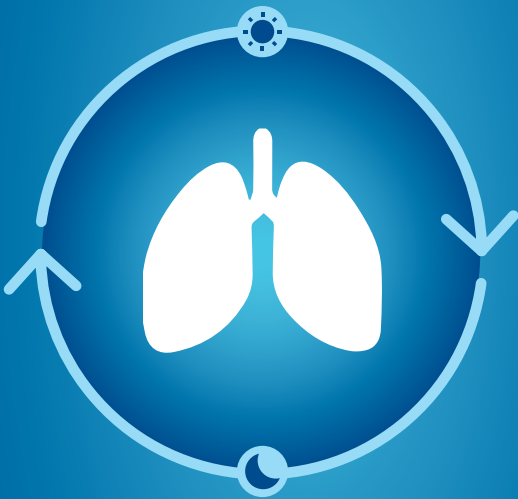


Got asthma?

One puff, once-a-day,
can help you breathe
better for a full 24 hours¹

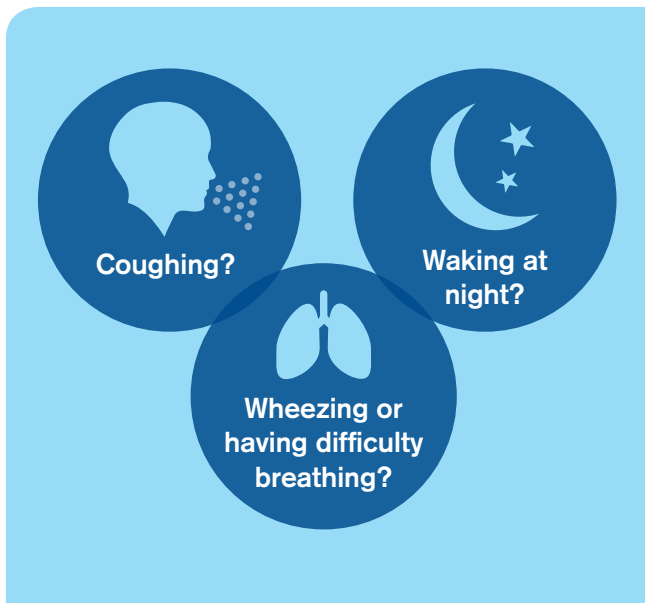


BREO[®] ELLIPTA[®]
fluticasone furoate / vilanterol



100/25mcg
FULLY FUNDED

How often do you find yourself:



These are common asthma symptoms. But they don't need to be a part of your everyday life.²

If you are regularly using an asthma puffer, but still experiencing these symptoms, it could be a sign your asthma is not well managed.²

It's always a good time to talk to your doctor about your asthma treatment.



Questions to ask your doctor

What are some of the signs that my asthma could be getting worse?

Am I using my puffer correctly?

How often should I be using my reliever puffer? (e.g. Ventolin)

How do I reduce my asthma triggers?

Would a once-daily puffer help my asthma?

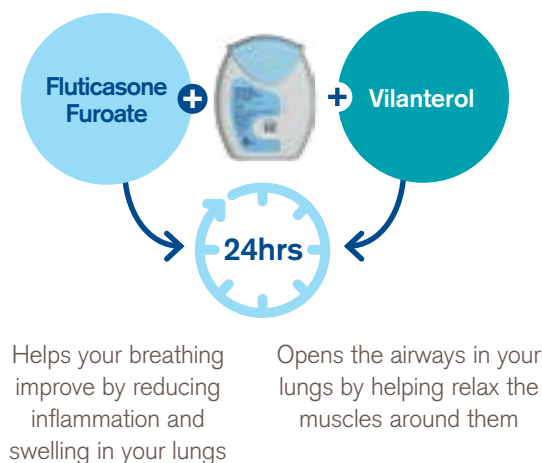
Breathe better with Breo Ellipta



Breo is the once-daily asthma treatment that can help you breathe better for a full 24 hours.^{1,2}

Not only can Breo help you manage asthma symptoms, it can also prevent them from occurring in the first place and may lead to more symptom-free days.¹

Breo is a combination of 2 medicines that work together to help control your asthma:¹



Ask your doctor if Breo is right for you

6 things to know when you start taking Breo Ellipta

- 1 Take it at the same time every day,** you can choose when suits you best.^{1,2}
- 2 It may taste or feel different from other inhalers.** You may not taste or feel the medicine in your mouth, even when you are using the puffer correctly.
- 3 Rinse your mouth with water after using Breo.**^{1,2}
- 4 Regular daily usage is required** to manage your asthma symptoms. Keep taking it until your doctor tells you to stop.²
- 5 A reliever inhaler like Ventolin is still needed** if relief of sudden symptoms is required.^{1,2}
- 6 Breo Ellipta 100/25mcg is fully funded.**³

Just one puff. Once a day.
Fully funded 100/25mcg

Breo Ellipta is easy to use

Follow these three simple steps
to inhale once and breathe more
easily for 24 hours with Breo Ellipta:

1



Open

Slide the cover to expose the mouthpiece until you hear a click. Hold the inhaler away from your mouth and breathe out fully.

2



Inhale

Put mouthpiece firmly between lips and take one long steady breath in through your mouth. Hold this breath for as long as possible (at least 3-4 seconds). Breathe out slowly and gently from the inhaler.

3



Close

Slide the cover up and over the mouthpiece as far as it will go.

Frequently Asked Questions



What time of the day should I take Breo Ellipta?

Because the ingredients in Breo Ellipta are effective for 24 hours, for it to work properly you only need to take it once a day, at the same time every day.^{1,2}



Do I still take Breo Ellipta if I'm feeling better?

Yes. Breo Ellipta should be taken once a day, every day, and will only work for as long as you are using it. Only stop using Breo Ellipta if your doctor tells you to.^{1,2}



What if I miss a dose?

Do not take a second dose to make up for a forgotten dose. If you do forget to take your daily dose of Breo Ellipta, take your next dose the following day at the usual time.^{1,2}



Is Breo Ellipta used for emphysema or chronic bronchitis (also known as COPD – Chronic Obstructive Pulmonary Disease)?

Yes, once-daily Breo Ellipta can be used by people with COPD, including chronic bronchitis and emphysema, as well as asthma. COPD and asthma are different respiratory conditions. Speak to your doctor for more information.^{1,2}



Are there any side effects I should know about?

Like all medicines, Breo Ellipta can cause side effects, although not everyone gets them. Headache and common cold are the most common side effects. Visit www.medsafe.govt.nz for a detailed list.^{1,2}

TIP: Check if your asthma is being managed well. Repeat the Asthma Control Test at different times of the year and discuss the results with your doctor. For more information talk to your doctor or visit: Breoellipta.co.nz

Is your asthma under control?

Answer these simple questions

Take the Asthma Control Test™ – it only takes a couple of minutes. When you're finished you can discuss the results with your doctor so they can help you get better control of your asthma.

1 In the **past four weeks**, how often did your asthma prevent you from

All of the time

1

Most of the time

2

Some of the time

3

getting as much done at work, school or home?

SCORE

A little of the time

4

Not at all

5

2 During the **past four weeks** how often have you had shortness

More than once a day

1

Once a day

2

3 to 6 times a week

3

of breath?

Once or twice a week

4

Not at all

5

3 During the **past four weeks**, how often did your asthma symptoms (chest tightness or pain) wake you up at night or earlier than usual

4 or more times a week

1

2 to 3 nights a week

2

1 night a week

3

(wheezing, coughing, shortness of breath, in the morning?)

Less than 1 night a week

4

Not at all

5

4 During the **past four weeks**, how often have you used your reliever

3 or more times a day

1

1 or 2 times a day

2

2 or 3 times a week

3

medication (such as your blue inhaler or rescue inhaler)?

Once a week or less

4

Not at all

5

5 How would you rate your asthma control during the **past four weeks**?

Not controlled

1

Poorly controlled

2

Somewhat controlled

3

Well controlled

4

Completely controlled

5

Add up each score to get your total
Your test result is an assessment of your level of asthma control.⁴⁻⁵

TOTAL

SCORE: 20-25

Well done. Your asthma appears to be controlled.⁵ Even so, it can change over time so it's important to retest yourself regularly. Continue to talk to your healthcare professional about your asthma control.

SCORE: 19 OR LESS

Your asthma may be uncontrolled or only partly controlled.⁵ Talk to your healthcare professional about how you can improve it.

Visit asthmacontrol.co.nz to take the test online

References:

1. Breo Ellipta Data Sheet, GSK New Zealand, available at www.medsafe.govt.nz. Accessed 30/03/20
2. Breo Ellipta Consumer Medical Information, GSK New Zealand, available at www.medsafe.govt.nz. Accessed 30/03/20
3. PHARMAC Pharmaceutical Schedule March 2020, available at www.pharmac.govt.nz/tools-resources/pharmaceutical-schedule. Accessed 30/03/20
4. Nathan RA et al. *J Allergy Clin Immunol*. 2004;113:59-65.
5. Thomas M et al. *Prim Care Resp J*. 2009;18(1):41-49.

Breo® Ellipta® (fluticasone furoate/vilanterol trifenate inhaler 100/25mcg per inhalation) is a **Prescription Medicine**.

Breo Ellipta is used for the regular treatment of asthma (12 years of age and older) and Chronic Obstructive Pulmonary Disease (COPD). **Breo Ellipta 100/25mcg is a fully funded medicine; Breo Ellipta 200/25mcg is a private purchase medicine (dose indicated in asthma only). Use strictly as directed. Breo Ellipta is not for relief of acute symptoms.**

Always carry your reliever inhaler. Do not discontinue Breo Ellipta abruptly. This medicine has risks and benefits.

Tell your doctor: If you are taking any other medicines or herbal remedies, you have liver disease, heart problems, high blood pressure, pulmonary tuberculosis (TB), infection of the lungs (pneumonia) or weak bones (osteoporosis).

Side effects may include: Headache, common cold, oral thrush, pneumonia, infection of the nose, sinuses or throat, flu (influenza), pain and irritation at the back of the mouth and throat, inflammation of the sinuses, weakening of the bones, leading to fractures. **If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional.** For more information including additional side effects, see *Breo Ellipta* Consumer Medicine Information at www.medsafe.govt.nz. Normal doctor's office visit fees apply. Ask your doctor if *Breo Ellipta* is right for you.

The Asthma Control Test™ is a modified US version for use in NZ. This does not replace a full assessment from your Doctor. Asthma Control Test™ copyright, QualityMetric Incorporated 2002, 2004.

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INN **VIVA**