

# Benefits of using a spacer to help control asthma

## Metered-dose inhaler (MDI) without a spacer



When you use an MDI without a spacer, the medication stays in the mouth and throat, then is swallowed into the stomach. Very little medication reaches the lungs.

## Metered-dose inhaler (MDI) with a spacer



When you use an MDI with a spacer, the medication reaches deep into the lungs where it needs to go in order to work.