

**The Canadian Thoracic Society's Position Statement on  
Climate Change and Choice of Inhalers for Patients with Respiratory Disease**

**October 16, 2023**

**OTTAWA, ON** – The Canadian Thoracic Society (CTS) has developed a position statement on [Climate Change and the Choice of Inhalers for Patients with Respiratory Disease](#). As the national inter-professional society on respiratory diseases, and in recognition of our role in addressing the lung health impacts of climate change, the CTS believes that it is important for our organization to provide a summary of its position in this fast-evolving area.

Dr. Samir Gupta (Chair of the Canadian Respiratory Guidelines Committee and researcher in this area), and members of the CTS Executive invited leaders and experts from across Canada, as well as a person with lived experience, to contribute to this statement. Dr. Gupta states, “As the health impacts of climate change become more and more apparent, and our patients with respiratory disease bear a disproportionate burden of these impacts, it behooves us especially, as respiratory care specialists, to help to identify ways to reduce the carbon footprint of our healthcare practices. It was humbling and inspiring to learn from multidisciplinary experts around the country and from a person with lived experience in reaching a consensus position statement on this complex topic, on behalf of the CTS. It is also very gratifying to see our professional society taking the lead in this area and providing this important and practical guidance that we hope will be helpful to providers, decision-makers, and patients alike.”

Key outcomes from this statement include:

- Inhalers contribute to climate change, with MDI inhalers currently accounting for the greatest greenhouse gas emissions among all inhaler types;
- A multi-layered approach involving clinicians, patients, health system organizations, regulators and manufacturers is needed to reduce the impact of inhalers on the environment; and
- Shared decision-making with patients, incorporating inhaler indication, effectiveness, technique, patient preference, patient capability, cost, side-effects, as well as the environmental impact of different inhaler delivery systems is the preferred approach when choosing an inhaler with a patient.

Dr. Erika Penz, another author emphasized the importance of the statement, stating, “I am really pleased to be part of this work with CTS and believe this statement provides a concise overview of the importance of considering the environment in our clinical practice. As a clinician, I think this statement underscores the value of shared decision-making with our patients when it comes to inhaler therapy and treatment decisions, and the environmental impact of our collective decisions.”

The Statement has now been published in the [Canadian Journal of Respiratory, Critical Care and Sleep Medicine](#) and is available on the [CTS website](#).

**About the Canadian Thoracic Society**

The Canadian Thoracic Society (CTS) is Canada's inter-professional specialty society and membership association for respirology, including specialists, primary care physicians, researchers, and health care

professionals from multiple disciplines such as physical therapy. CTS promotes lung health by enhancing the ability of physicians and other healthcare professionals through collaboration, research, learning and advocacy and promoting the best respiratory practices in Canada. CTS Guidelines are characterized by a high level of methodological rigor, ensuring the utmost reliability in their development.

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