

INSPIRE

Your Asthma Australia Newsletter

AUTUMN 2021



YOU HELP PEOPLE LIVE WELL IN WINTER

Emergency Department presentations and hospitalisation rates peak during the winter months. There tends to be more asthma triggers around – such as flu viruses and cold weather.

As a primary school teacher and a mother of three primary aged children, Nicole is constantly on the go. Her goals for 2019 were simple, “spend more time with family, focus on work, and run the half Melbourne Marathon.” But asthma changed her plans.

“In March I had a persistent cough and was unable to speak full sentences. In August I was hospitalised with a virus for five days. After this virus, I walked around with a reliever on hand, for the best part of winter.

At the end of October, I was given the okay to run in the Melbourne Marathon. I ran the 10km race and followed my exercise-induced asthma management plan and to my pleasant surprise, I made it in good time. But the next morning I was very unwell and had a persistent cough. I increased prevention as per my plan.

But the next week I ended up in hospital again from Thunderstorm Asthma. A few days later I had another asthma flare-up, and I was back in hospital for three days, and diagnosed with pneumonia.

In early 2020, despite the bushfires, I had recovered from pneumonia and was exercising at my full capacity. I have an asthma management plan in place, and my job is to follow that plan, spend quality time with my family, juggle remote teaching, and avoid any viral infection that could send me back to hospital.”

You can read Nicole’s full story at asthma.org.au/blog/nicoles-winter-asthma-story/

Your kind donations provide vital support and information to people like Nicole. Thank you.



Nicole after completing the 2019 Melbourne Marathon 10km

INSIDE

2 CEO’s message

Thank you for helping Australians with asthma

Your gifts help fund research into asthma triggers such as smoke from wood heaters.

3 Thank you for having your say in our Supporter Survey

Upcoming Events
Asthma Week and Include a Charity Week

4 Meet Toni who is grateful to you for supporting The COACH Program®



To support Asthma Australia please donate now at asthma.org.au



THANK YOU FOR HELPING AUSTRALIANS WITH ASTHMA

Winter will be here before we know it, which brings a new set of challenges for those of you or your loved ones who have winter asthma triggers.

It's a great time to call our 1800 ASTHMA free information line to get some extra support to help you manage over the colder months.

We recently relaunched our National Asthma Research Program with an even stronger focus on new discoveries that can be translated to improve the lives of people with asthma. You can read more about one the research projects you have helped to fund led by the University of Tasmania's Menzies Institute PhD student Nicolas Borchers-Arriagada.

Thank you for all that you do for people living with asthma. Your generous donations are helping to fund vital asthma research to realise our vision of a community free of asthma. As we come closer to the end of the financial year, I hope we can count on your generous support of our Tax Appeal.

Michele

Michele Goldman
Chief Executive Officer

OUR VISION IS A COMMUNITY FREE OF ASTHMA



With your support, we are committed to halving the number of avoidable hospital presentations because of asthma by 2030. That will mean more than 16,000 fewer trips to the emergency department that are avoidable. Currently out of the 40,000 hospitalisations, 80% are avoidable.

Our target is to reduce the avoidable asthma hospitalisations down to 16,000 by 2030. Your donations will help us make progress towards our goal.

YOUR GIFTS HELP FUND RESEARCH INTO ASTHMA TRIGGERS

Research funded by Asthma Australia and led by the University of Tasmania's Menzies Institute PhD student Nicolas Borchers-Arriagada has estimated the significant negative health impacts of biomass smoke on the health of Tasmanians, especially those with asthma.

Biomass smoke is the result of burning fuels such as wood and crop residue in wood heaters and landscape fires. This smoke is made up of a complex blend of pollutants which pose significant health concerns. Biomass smoke has previously been linked to premature deaths, respiratory and cardiovascular issues, and severe asthma, among other health outcomes.

This research found that over 10 years, biomass smoke was linked to an estimated 69 deaths, 86 hospital admissions, and 15 asthma emergency department visits in Tasmania each year, with over 74% of these attributed to wood heater smoke.

If you're one of the kind donors who contributed to this research – thank you. This research strengthens Asthma Australia's efforts in advocating for policies to monitor and reduce smoke pollution so we can all breathe better.

LEAVE YOUR LASTING LEGACY

Asthma Australia's purpose is to help people to breathe so they can live freely.

If you share our vision, please consider including a gift to Asthma Australia in your Will.

Your gift could fund research to help prevent or find better treatments for asthma or could support individuals to achieve their asthma management goals – accelerating our progress toward a community free of asthma.



If you are interested in finding out more about gifts in Wills, please call Craig Tobler on 02 9906 3233 or email ctobler@asthma.org.au for a confidential discussion.

BECOME AN ASTHMA HERO... FOR SOMEONE YOU LOVE



"I hope in time with more research there will be a possible cure."

Caitlyn, 22, Asthma Champion

Sixty years ago, there were virtually no treatments for asthma. **Now there are.**

But more than 400 Australians a year are still dying from asthma and that's simply not good enough. That's why I am asking you to consider becoming an Asthma Hero.

To become an Asthma Hero, please select how much you would like to donate each month on your donation form.

By becoming an Asthma Hero, you'll help find solutions for people with asthma, their carers and the wider community. Thank you!

UPCOMING EVENTS

Asthma Week 1 – 7 September 2021

A week where we bring asthma to the kitchen table and increase awareness of the condition which affects 1 in 9 Australians.

Include a Charity Week 6 – 12 September 2021

A week where we encourage and inspire people like you to think about including a gift to Asthma Australia in your Will.

A big thank you to those of you who have already left a gift to us in your Will. You are making an important difference!

THANK YOU FOR HAVING YOUR SAY IN OUR SUPPORTER SURVEY

WE LEARNT THAT...



63%

of donors have asthma



62%

have had a severe and frightening asthma attack



69%

have been treated in hospital as a result of their asthma



63%

of donors most want donations to be used to fund research to cure, treat or prevent asthma



36

people indicated they are considering including Asthma Australia in their Will



19

people with asthma were willing to share their story to help raise awareness and funds



If you have a 1800 ASTHMA or The COACH Program® story to share, please sign up to become an Asthma Champion at asthma.org.au/champions



"Thank you for changing my life for the better, for giving me my life back, for giving me hope that I won't die at home one evening, alone, because I am having an asthma attack."

Toni, Asthma Champion

YOU'RE HELPING PEOPLE PROACTIVELY MANAGE THEIR ASTHMA

"I've sailed through a cyclone, but nothing was scarier than not being able to breathe."

After a frightening asthma flare up, Toni McLean called 1800 ASTHMA information line for help.

"I felt like I was trying to cough my heart and lungs up. By the time I could get to my puffer, I couldn't breathe, I thought I was going to die," said Toni.

Wanting better asthma management, Toni signed up for The COACH Program®. Toni had been living with ongoing asthma attacks for a couple of years, thinking that using her puffer was

managing it. After speaking to an Asthma Educator, she gained the support, knowledge and confidence she needed to treat her symptoms proactively.

"Asking my GP to review my preventer medication as a result of our conversations was an absolute game changer. I went from living from puffer dose to puffer dose - to having much more energy."

Toni is grateful to you for donating to support 1800 ASTHMA and The COACH Program®.

YES! I'LL HELP SUPPORT PEOPLE WITH ASTHMA

SELECT YOUR DONATION

- Please accept my gift of: \$25 \$50 \$100 or \$ _____
- OR, I would like to make a monthly donation of: \$15/month \$25/month or \$ _____ /month

Monthly donations are debited on the 15th of each month and can be made by credit card or Direct Debit only. To set up a monthly payment from your credit card, provide your card details below. To set up a Direct Debit from your bank account, please call us on 1800 278 462.

We will send you a receipt for your tax-deductible donation. Please provide your contact details below.

YOUR PAYMENT DETAILS

- Please debit this credit card: Visa MasterCard American Express

Name on card: _____

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Expiry Date: ____ / ____ CCV:

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Signature: _____

I am considering leaving a gift to Asthma Australia in my Will.

- OR, Please find enclosed cheque/ money order payable to Asthma Australia

YOUR CONTACT DETAILS

Title: _____ First Name: _____ Surname: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Email: _____ Phone: _____

DONATE TODAY



Donate online at
asthma.org.au



Donate by phone
1800 278 462



Donate by mail.
Please use your enclosed reply-paid envelope, or mail to:

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799 Pacific Highway
Chatswood NSW 2067