

LIVE WELL WITH YOUR ASTHMA



**ASTHMA
AUSTRALIA**

COULD IT BE ASTHMA?

Do you ever:

- Get breathless or wheezy?
- Wake up coughing or wheezing?
- Struggle to keep up with your normal activity?

Being breathless is not a normal part of life or getting older. Ask your pharmacist or doctor about a lung health check.

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If you have asthma, see your doctor if you:

- Are coughing, wheezing or breathless at any time of the day or night
- Struggle to keep up with normal activity
- Use your blue/grey reliever puffer more than two days per week
- Are unsure about the way your medications and devices can work best for you
- Have had any asthma symptoms in the past month or a flare-up in the past year and you are not currently on asthma preventer medication

Asthma should not stop you living your life well!



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1800 ASTHMA
(1800 278 462)

asthma.org.au