

TAKE A BREATH^{ER} THIS ASTHMA WEEK



This Asthma Week is about YOU – putting your health and wellbeing at the forefront, even for just a few minutes each day.

Follow our **Take a Breather Checklist** to be better in body and mind whilst also helping to get your asthma well controlled.



**ASTHMA
AUSTRALIA**

1 GET SOME SUN

A rich source of Vitamin D comes from the sun, and there is growing interest and research into the potential role of Vitamin D in asthma management. There is currently not enough evidence to recommend Vitamin D supplementation as part of usual asthma careⁱ, however being outdoors is great for your immune system and overall health and wellbeing. So today, knock off 30 minutes early for a walk or if you are at home take time, enjoy your outdoor space and bask in the glorious sunshine. Just remember to be SunSmart.



2 MAKE A CHANGE

Take this opportunity to kick bad habits to the kerb, like smoking, to improve your asthma and overall health. Most people know smoking is not good for them but are unaware of the negative impact it can have on their asthma or the asthma of loved ones. Take time to read our guide on asthma and smoking to improve how you feel and help you live well with your asthma.



3 HAVE A CHAT

Book in a time to speak with our Asthma Educators about your asthma. Our Asthma Educators are here to answer your asthma questions, provide support for not only people with asthma but their carers, and are trained to help you with Australian best-practice asthma management and evidence-based information. So, give them a call on **1800 ASTHMA (1800 278 462)** and get back to living freely.



4 DE-STRESS

Symptoms of anxiety or depression may arise at any time of the year, but we know that 2020 has and continues to be, a big year for people with asthma. Download our guide on mental health and asthma, to better understand how it could be a trigger for your asthma and take a step towards improving your mental wellbeing.



5 HAVE A LAUGH

There's nothing like a good laugh to make you feel better, and it's great for your overall health! Although laughter can be a trigger for some people with asthma, laughter should not necessarily be avoided. If you find laughter makes your asthma symptoms worse, make an appointment with your doctor for an asthma review. Moral of the story: take some time to catch up with friends and loved ones either face to face or digitally, and get those belly laughs going.



6 GET COOKING

We know that healthy eating and a diet of fresh foods and vegetables is an important part of asthma management.^{ii, iii} Healthy eating also has a great impact on your general health and wellbeing. Aim for five serves of vegetables and two serves of fruit every day and try to limit take-away and processed foods. So, get cooking and explore your culinary talents.



7 REACH OUT

Book in to see your doctor for an asthma review. An asthma review is a chance for you to talk with your doctor about your asthma. A chance to talk about any symptoms you may be experiencing, any concerns you may have, and perhaps discuss ways to better manage your asthma.



To learn more about how your improved health and wellbeing can help your asthma, call **1800 ASTHMA (1800 278 462)** or visit asthma.org.au/asthma-week

i. National Asthma Council Australia, Healthy eating for asthma, Australian Asthma Handbook 2.0, Melbourne: NAC. Accessed online: <https://www.astmahandbook.org.au/clinical-issues/food/healthy-eating>

ii. Wood, L G, Garg, M L, Gibson, P G. A high-fat challenge increases airway inflammation and impairs bronchodilator recovery in asthma. *J Allergy Clin Immunol.* 2011; 127: 1133-1140.

iii. Wood, L G, Garg, M L, Smart, J M, et al. Manipulating antioxidant intake in asthma: a randomized controlled trial. *Am J Clin Nutr.* 2012; 96: 534-543.

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