

INSPIRE

Your Asthma Australia Newsletter

SUMMER 2021



YOUR GIFTS HELP FUND RESEARCH

Research has found that people with asthma are not at greater risk of COVID-19 than the rest of the community, according to a study funded by Asthma Australia carried out by the George Institute for Global Health.

COVID-19 has meant last year was challenging for us all, but especially for people with asthma, like 29-year-old Sydney resident Ebony.

Ebony, who lives with autism, severe eosinophilic asthma, bronchiectasis, and non-allergic rhinitis, isolated herself at home, worried about the risk of COVID-19.

She was admitted to hospital, her respiratory specialist health care services were stopped, she missed weddings and funerals, had to forgo family gatherings, and gave up on a social life.

"I know that if I were to contract COVID-19, I would most likely die," says Ebony.

Ebony's concern was understandable.

It's important people like Ebony have the right information. So Asthma Australia funded a world-wide review of studies of the impact of COVID-19 on people with asthma. This study has shown that there's no evidence people living with asthma are at greater risk of contracting COVID-19.

Thanks to the support of donors like you, Asthma Australia was able to respond to the concerns of people with asthma and their loved ones and provide them with accurate and timely information about COVID-19.

You can read the full study at asthma.org.au/coronavirus

If you're one of the kind donors who have contributed to this reassuring research – thank you for your generosity. All research is a step closer to better treatments and one day, a cure.



Ebony with her super supportive partner Jordan

INSIDE

- 2 CEO's message**
You're vital to Australians with asthma
Because of you...
...people can breathe a little easier
Beating bushfire triggered asthma
Courtney's story
- 3 Your support provides answers and relief**
Meet Janine Lourensz
Thank you, Shirley
Leaving a gift to Asthma Australia in your Will
- 4 More than 70 years of asthma and still counting**
Making a regular monthly gift to Asthma Australia



To support Asthma Australia's life saving research, please donate now at asthma.org.au



YOU ARE VITAL TO AUSTRALIANS WITH ASTHMA

Welcome to your 'thank you' newsletter created especially for you and other wonderful supporters of Asthma Australia.

Inspire is the first of several ways we plan to report back to you on how your gifts make a difference to people with asthma (and they do).

2020 was a challenging year for everyone. The shocking bushfires at the beginning of the year throughout Australia but especially on the eastern coast saw thousands of people affected by asthma triggered by bushfire smoke.

Then the COVID-19 pandemic hit, throwing people's lives and plans – and sometimes their medical care – into disarray.

But in spite of unprecedented need for support, thanks to you and others like you, we have been able to continue supporting and advocating for people with asthma throughout Australia.

Your ongoing commitment and generosity to people living with asthma is wonderful. Thank you so much.

May I take this opportunity to wish you and your family a safe, happy and healthy year in 2021.

Michele

Michele Goldman
Chief Executive Officer

BECAUSE OF YOU, PEOPLE CAN BREATHE A LITTLE EASIER

Thank you for your amazing support for Australians living with asthma.

You help people to **breathe easy** so they can live full and empowered lives, achieving their goals and living a life without limits.

You help deliver **preventive health strategies** to more than half a million people each year.

You help us identify the **best treatments** and practices to make sure life with asthma is the best it can be.

And you help support cutting-edge Australian **research** to get us closer to our ultimate wish – a cure for asthma. Thank you.

BEATING BUSHFIRE TRIGGERED ASTHMA

Thank you to all the wonderful people who donated to the Christmas Appeal. Courtney lost her life to bushfire smoke triggered asthma during the bushfires in late 2019.

Courtney was only 19 when smoke rolled in from a nearby bushfire. Sometime that night, Courtney suffered a sudden and aggressive asthma attack.

The next morning, says Courtney's sister Cherylleigh, *"She was found in her bed with her phone torch on and her reliever medication quite close to her. She didn't have time to ask for help."*

Her family has now had two Christmases without her.

Nothing can bring Courtney back, but your support is helping others avoid serious asthma flare-ups.

You've helped raise enough for hundreds more calls to the 1800 ASTHMA information line, helping people to better manage their asthma during bushfire season.

You've helped raise funds to support many who have benefitted from personalised

asthma telephone coaching, providing the time and attention to help them better manage their asthma.

And you've helped to fund vital research into bushfire smoke and asthma and contributed to the development of an AirSmart education campaign to help Australians understand when air quality is dangerous or life threatening, and what steps they can take to prevent asthma attacks. Thank you.



Courtney, 19, lost her life to an asthma attack triggered by bushfire smoke

YOUR SUPPORT PROVIDES ANSWERS AND RELIEF

Meet Janine. If you or someone you love calls the Asthma Australia information and support line, it might well be Janine you speak with.

Janine loves helping people manage their asthma. *"It's always a privilege to listen to a person's story and learn from them, as much as it is about sharing our knowledge and stories to help guide them to a life of breathing easier,"* she says.

One of the things that Janine finds most rewarding is the relief people

often feel when they learn how to manage their asthma better and the confidence it gives them to tackle things like being active, safely exercising or coping with spring allergies.

"Finally," says Janine, *"They feel they are being given answers to so many of their questions."*



Janine Lourensz loves answering your calls



THANK YOU, SHIRLEY

Shirley has chosen to include a gift in her Will for Asthma Australia in honour of her brother and her parents.

Shirley says her dad didn't get his asthma until he was in his 50s.

"They tried everything, you know, natural things because the technology wasn't around then that there is today," she said.

"He suffered chronic asthma and he had an oxygen cylinder beside the bed."

What really moved Shirley was seeing her brother with asthma.

"It was very difficult as a child actually, just watching him. I remember one time he was just about turning blue because of asthma."

Shirley wants her gift used to fund research into the causes of asthma and ways to prevent it.

"I want to honour my brother and my parents".

Shirley

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

All enquiries are kept entirely confidential.



MORE THAN 70 YEARS OF ASTHMA AND STILL COUNTING

"There was no medication for asthma when I was a girl."

"I am so grateful that there are more effective treatments for asthma today. That's why I make a regular monthly gift."

Deidre

To become an **Asthma Hero** like Deidre, please select a 'monthly' option on your donation form below. Thank you.

Now 79, Deidre was diagnosed with asthma when she was very young. **"They used to give me adrenaline injections,"** she says – until one day the injections stopped her heart. She was kept alive in an oxygen tent, then sent home with an oxygen tank.

Deidre missed much of her primary school education due to asthma. As she grew older, medications became available. When combined with physiotherapy, Deidre was able to attend high school full time, including playing sport. **"Life was great!"** she says. Until the day

she ran into a fence and broke her inhaler. Her trip home on two trains and a bus saw her very carefully walking up stairs and sitting wherever possible.

"I was so scared I would have an attack and have nothing to help. My mother took me from the bus to the chemist and bought me a new pump immediately! Not even a snake in my garage was as scary as that day!"

"But I am fortunate," says Deidre. **"My asthma is stable now and during the bushfires I just had to double up my medications."**

YES! I'LL HELP AUSSIES WITH ASTHMA AND SUPPORT ASTHMA RESEARCH

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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Level 13, Tower B
799 Pacific Highway
Chatswood NSW 2067