

INSPIRE

Your Asthma Australia Newsletter

AUTUMN 2022



YOU'VE HELPED PREVENT TYLER'S ASTHMA ATTACKS

13-year-old Tyler says he's been rushed to hospital in an ambulance with asthma "lots of times" and not being able to breathe causes him anxiety.

He loves playing soccer but running around on grass can set off his asthma. He's often been stopped mid-game by an asthma attack.

Tyler's mum Sally has lost count of how many times she's had to race out of work because her son is fighting for breath.



Tyler is happy he hasn't had an asthma attack since he started a new medication

In 2020, Sally phoned our **1800ASTHMA** information line and spoke to an Asthma Educator about Tyler's medication. She said this support changed everything.

"It was fantastic to speak with someone who knew about the different types of medications available. It made me feel more confident to go to our doctor and advocate for my son.

Since he's started his new preventer medication, his asthma is the best it's ever been. It's like he doesn't have asthma. It's a huge relief."

Tyler's story shows what an enormous difference your support makes for people like him. He told us:

"I haven't had an asthma attack since I started my new medication. I'm running around at school, and I did cross country without getting asthma. I'm really happy."

Your kind donations provide personalised asthma information to people like Tyler and his mum Sally. Thank you.

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who chose to donate monthly and include Asthma Australia in their Will to help save lives



To help Australians with asthma and to support Asthma Australia's life saving research, please donate now at asthma.org.au



YOU'RE HELPING PEOPLE WITH ASTHMA TO LIVE FREELY

It's thanks to your generosity that we've been able to continue supporting people living with asthma.

Because of you, in the past year, we advocated for people with asthma around bushfire smoke and the impacts of COVID-19. Many schools were trained in Asthma First Aid, and over a thousand health professionals completed our free online training through ThinkGP.

We also launched a fundraising website – fundraise.asthma.org.au – and many of you became Asthma Heroes and supported our appeals.

This year, thanks to you, we will pilot an AirSmart public education campaign. This aims to build understanding of air quality and help people with asthma to make decisions about how to reduce exposure to pollutants in the air that can trigger asthma.

Thank you for making a vital difference for people living with asthma. As we come closer to the end of this financial year, I hope we can count on your support for our Tax Appeal. Thank you!

Michele

Michele Goldman
Chief Executive Officer

YOU'RE KEEPING FAMILIES LIKE JASMINE'S OUT OF HOSPITAL

Jasmine was forced to leave her newborn twins at home over Christmas to get life-saving care in hospital. Today, Jasmine knows she can get tailored information from an Asthma Educator and do everything possible to stop it happening again.



Jasmine with her newborn twins

Thank you to all the generous people who donated to our Christmas Appeal. Because of you, we can ensure everyone who needs it can access an Asthma Educator by phoning our free **1800ASTHMA** information line. This practical support brings relief to people struggling to control their asthma – potentially keeping them well and out of hospital. Thank you!

Jasmine had a special message she wanted me to pass on to you:

"It gives me comfort and relief to know my Asthma Educator will understand what I'm going through. They couldn't help people like me without you. Thank you."

LEAVE YOUR LASTING LEGACY

Asthma Australia's purpose is to help people to breathe better 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 contact Dinidu Illangakoon at dillangakoon@asthma.org.au or 02 9018 0505 for a confidential discussion and an opportunity to write your Will for free with our partner Bare at bare.com.au

INVISIBLE DANGER: GAS, ASTHMA AND OUR CHILDREN

Do you use gas to cook or heat your home? It may come as a shock to learn that gas is estimated to be responsible for up to 12% of childhood asthma burden in Australia.

Dr Kate Charlesworth, spokesperson for Climate Council and author of *Kicking the Gas Habit: How Gas is Harming Our Health*, explains why.

"A child living with gas cooking in the home faces a comparable risk of asthma to a child living with household cigarette smoke," she says.

Toxic substances in gas include nitrogen dioxide, carbon dioxide, carbon monoxide and certain forms of particulate matter, like PM2.5. These substances are invisible and odourless and can irritate the airways and trigger asthma symptoms.



Simple steps to increase ventilation around the home can help reduce the chance of triggering your family's asthma. This includes using extraction fans (that vent outside) over stoves, installing flues for gas heaters and opening windows.

But converting your gas appliances to electric or induction options is the only way to fully eliminate the risk.

"Australians who switch from gas to electric appliances will protect their family and improve the health and wellbeing of our communities."

UPCOMING EVENTS

World Asthma Day 3 May

Asthma organisations around the world come together to raise awareness for all people living with asthma.

Asthma Week 1 – 7 September

With September marking the beginning of spring and pollen season, Asthma Week is time to focus on how to best manage your asthma.

Include a Charity Week 5 – 11 September

This time of year, we share the vital role people such as you play in saving the lives of those living with asthma. You can help fund research by leaving a gift to Asthma Australia in your Will.

SPOTLIGHT ON A FUNDRAISER: CAMERON HOBBY MEMORIAL GOLF DAY



A special thank you to the Blayney community who raised more than \$34,000 from the Cameron Hobby Memorial Golf Day – hosted by the Blayney Bears Senior Rugby League and Blayney Rams Rugby Union Football Club.

The golf day was held on 13 June 2021, in memory of Cameron "Camo" Hobby who tragically passed away from asthma. 25-year-old Cameron had an asthma attack in the middle of the night in early November 2018. He collapsed before leaving his house to go to hospital and was unable to be revived.

"It's our hope that the funds raised will go toward preventing people from dying from asthma in the future," said organiser Olivia Bird.

Sadly, like Cameron, about 400 people die from asthma every year. Asthma Australia relies on community fundraisers to help the 2.7 million Australians with asthma to live freely.

If you would like to fundraise for Asthma Australia, please visit fundraise.asthma.org.au or email fundraise@asthma.org.au to find out more.



"We chose to support Asthma Australia to help save lives because asthma still kills. The more money that gets donated, the more research can be done, and the more lives can be saved."

Ric, 54, severe asthma sufferer

THANK YOU, RIC AND BELINDA

Ric and Belinda chose to donate monthly and include Asthma Australia in their Will to help save lives.

As a child in the 1960s Ric endured many severe asthma attacks. By the age of three, Ric had been in intensive care three times.

Ric's most terrifying asthma attack was on a Scout hike when he was 12. Following a sneezing attack caused by pollen, Ric was left wheezing and struggling for air as his friends slept in their tent. "I thought I was going to die," he says.

In his 30s, Ric married Belinda and became a dad to Ruby, now 16, and Charlie, 12. But he faced new asthma anxieties when Ruby showed symptoms and was hospitalised at six-months-old.

"Seeing my tiny baby struggling to breathe scared me," Ric says. But it's thanks to research breakthroughs like the invention of asthma preventers that Ruby has managed her asthma well and avoided further hospitalisations.

After a few older friends lost their lives to asthma, Ric and Belinda chose to donate monthly. They love that their regular gifts can help save lives. Ric and Belinda also included a gift in their Will to Asthma Australia. Their legacy will help future generations breathe so they can live freely.

YES! I'LL DONATE TO SUPPORT ASTHMA RESEARCH AND HELP SAVE LIVES

SELECT YOUR DONATION

- Please accept my gift of: \$25 \$50 \$100 or \$ _____
- OR, I would like to make a monthly donation of: \$10/month \$24/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