

INSPIRE

Your Asthma Australia Newsletter

SUMMER 2023



YOUR IMPACT IN 2021-2022

Thanks to your support in 2021/2022, we achieved the following highlights:



Supported **over 4,000 people** through the 1800 ASTHMA information line



Over 1.7 million people visited our website to find their asthma answers



Trained **over 2,000** schools and **over 29,000** school staff in Asthma First Aid



Advertised and awarded **more than \$1 million dollars** to new research projects:

- The ABC-CALD Study (Associate Professor Lata Jayaram)
- Virtual asthma care model to reduce unscheduled hospital presentations (Dr Ryan Mackle)
- Healthy-Air: pollution advice for people with asthma (Professor Sotiris Vardoulakis)



Find out more about our impact in our 2021-2022 Annual Report on our website at asthma.org.au/about-us/asthma-australia-publications/annual-reports/

INSIDE

p2 CEO's column

Is your garden asthma friendly?

Little Red's Annual Memorial Motorcycle Run

p3 Ben is living his best life despite asthma

Funding research can reduce hospitalisation of children

Nelly's shave for research

p4 Leave your lasting legacy

Dave is kicking asthma



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 BREATHE BETTER

The beginning of last year was once again dominated by COVID-19 and the restrictions it imposed on our lives. But thanks to you, we've been able to provide support to our community through our many touchpoints, including our **1800 ASTHMA** information line.

Last year, with your support, we were able to pilot our AirSmart air quality app and campaign. AirSmart helps people who are sensitive to low air quality access the information they need to protect their health.

We also created the National Asthma Research Agenda (NARA) to enable the community to have your say in what comes next in asthma research.

Thanks to each and every one of you for your continued support. It is because of you that we have been able to act on what matters most and help shift the current situation for people with asthma.

I wish you and your families a very happy and healthy 2023.

Michele

Michele Goldman
Chief Executive Officer

IS YOUR GARDEN ASTHMA FRIENDLY?

Summertime is a great time to get out of the house and into the garden. Don't let asthma and allergies stop you from doing something you enjoy. Make your garden asthma friendly.

If trees and plants trigger your asthma, you can reduce your risk by:

- Avoid planting trees, shrubs, grasses and weeds that are high in pollen or are pollinated by wind.
- Choosing a low-pollen producing grass that doesn't need frequent mowing. Ask a family member or friend to do the mowing for you if possible.
- Keeping windows closed and avoid gardening on high pollen days.
- Removing weeds as their flowers and seeds can trigger asthma.
- Wearing a mask while gardening.



- Gardening in the morning while there is dew on the ground. This helps stop the pollen to be released into the air.
- Changing your clothes and having a shower after gardening to avoid spreading allergens inside your home.
- Ensuring you carry your reliever and have taken your preventer daily if prescribed one.

For more information visit our website at asthma.org.au/about-asthma/triggers/gardening

LITTLE RED'S ANNUAL MEMORIAL MOTORCYCLE RUN

Natalie and Nathan lost their daughter Savanna to a severe asthma attack in 2020. Natalie and Nathan banded the community together in memory of Savanna (Little Red). The town showed their support participating in several fundraising activities on the day.

The primary event included a 170km motorcycle ride. Participants enjoyed the beautiful scenery of the local countryside. The ride was also supplemented with the sale of shirts, raffles, and donations. More than 100 people joined in the event raising over \$9,000 in funds for asthma research.

It is amazing how the community have come together to show such kindness and support.



Natalie, Nathan and their support crew



If you would like to donate to Savanna's memory visit fundraise.asthma.org.au/fundraiser/nataliecoall/in-memory-of-savanna-symonds

BEN IS LIVING HIS BEST LIFE DESPITE ASTHMA



Ben Lavery, 23

Ever since he was a child, Ben Lavery did not let asthma rule his life. With the support of his parents and doctor, Ben ensured asthma didn't stand in the way of his love of sports.

Taking up soccer and basketball, Ben worked hard to keep his fitness up. As his fitness increased his asthma also started to show improvement. Ben still had asthma attacks as a child that led to hospital visits. Thus, when exercising he ensured his asthma medication was always nearby.

As a 23-year-old, he has an impressive portfolio of extreme sporting achievements under his belt. Ben wants to inspire young kids to also chase their sporting dreams and not let their asthma hold them back.

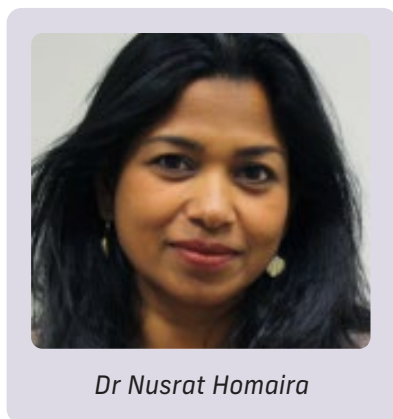
Ben ensures that good asthma management remains front and centre of his sporting preparation.



FUNDING RESEARCH CAN REDUCE HOSPITALISATION

Thanks to generous supporters, advances are made each year in asthma research. Dr Homaira is an Early Career Fellow of National Health and Medical Research Council of Australia. She is also a Senior Lecturer with the Discipline of Paediatrics, School of Women's and Children's Health at UNSW Australia.

Funding supporting the research of Dr Nusrat Homaira and her associates is helping them develop a personalised approach to asthma care. Which may lead to an 80% reduction in children with asthma needing to visit hospital. Over the years, many asthma management programs were developed in Australia in different care settings. Yet, these programs have not integrated different levels of care to provide a comprehensive model of care.



Dr Nusrat Homaira

Dr Homaira says that "generous funding from Asthma Australia will enable us to implement and evaluate a comprehensive model of care aimed to reduce hospital presentations for paediatric asthma."

Asthma research will discover new advances in medicines and models of care and could one day lead us to a cure.

NELLY'S SHAVE FOR RESEARCH



Nelly 'Breah' Elvins, before and after her brave shave

Nelly is 14 years old. Instead of doing all the fun things that teenagers usually do, Nelly shaved her head to raise funds for asthma research.

Breah, Nelly's cousin passed away from an asthma attack in February 2022. The girls were very close. So close that Nelly legally changed her middle name to Breah so that her cousin would always be with her.

Nelly remarked that "I decided I wanted to do something to remember Breah and to stop this happening to other families."

On 15 December 2022, Nelly bravely shaved her head and raised \$5,786 in funds towards research and helped raise awareness of the dangers of asthma. What an inspiring young person.

"I don't care if people think I look funny. We need to find a cure for asthma and the sooner the better. And if it takes me to shave my head that's ok with me", said Nelly.



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.



LEAVE YOUR LASTING LEGACY

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

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

By including a gift in your Will to Asthma Australia, you enable the work of improving the prevention and treatment of asthma to continue. And of one day helping to find a cure.

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/charities/asthma-australia](https://www.bare.com.au/charities/asthma-australia)

DAVE IS KICKING ASTHMA



Dave achieved his goal and made it to the Mt Everest Base Camp

Dave Hunt was diagnosed with asthma as a child but he never let it hold him back from living his best life.

Throughout his childhood and his teens Dave struggled to manage his asthma. Until one day he found a doctor who was willing to listen and was well versed in asthma management.

"Once I started down that pathway, I felt I could do anything anyone else could do as long as I kept up with my asthma plan," said Dave.

In 2016, Dave did exactly that. He wanted to hike to the Everest Base Camp so he and one of his brothers set off on an adventure of a lifetime.

"It was -20 at night in Nepal at the time and cold is a major trigger for my asthma. But because I followed my asthma plan, I had no issues with breathing besides the normal lack of oxygen at those high altitudes".

"After the birth of my first daughter I decided my next big challenge was to run a marathon. So, like the Everest Base Camp I signed up after very little research".

In June 2023, Dave intends to run the Brisbane Marathon and is currently in training for the big event. Dave's asthma ranges from moderate to severe and he has ended up in hospital emergency rooms on many occasions. He knows the importance of exercise and ensuring that his asthma management plan is up to date.

Dave reminisces saying that *"reaching Everest Base Camp has been his greatest achievement which set me up to have such a positive attitude towards life. If I can conquer that with lifelong asthma, then I can do anything I put my mind to and so I'm always reaching above what people think I am capable of and I love the journey."*

YES! I'LL HELP PEOPLE WITH ASTHMA LIVE THEIR BEST LIFE



DONATE ONLINE

Scan the QR code or visit [asthma.org.au](https://www.asthma.org.au)



DONATE BY MAIL

Complete the form included and return in the reply-paid envelope OR mail to:

**Asthma Australia
Level 13 Tower B
799 Pacific Highway
Chatswood NSW 2067**



DONATE BY PHONE

Call 1800 278 462

All donations \$2 and over are tax deductible. Asthma Australia is an endorsed DGR status 1 organisation. ABN: 91 609 156 630