

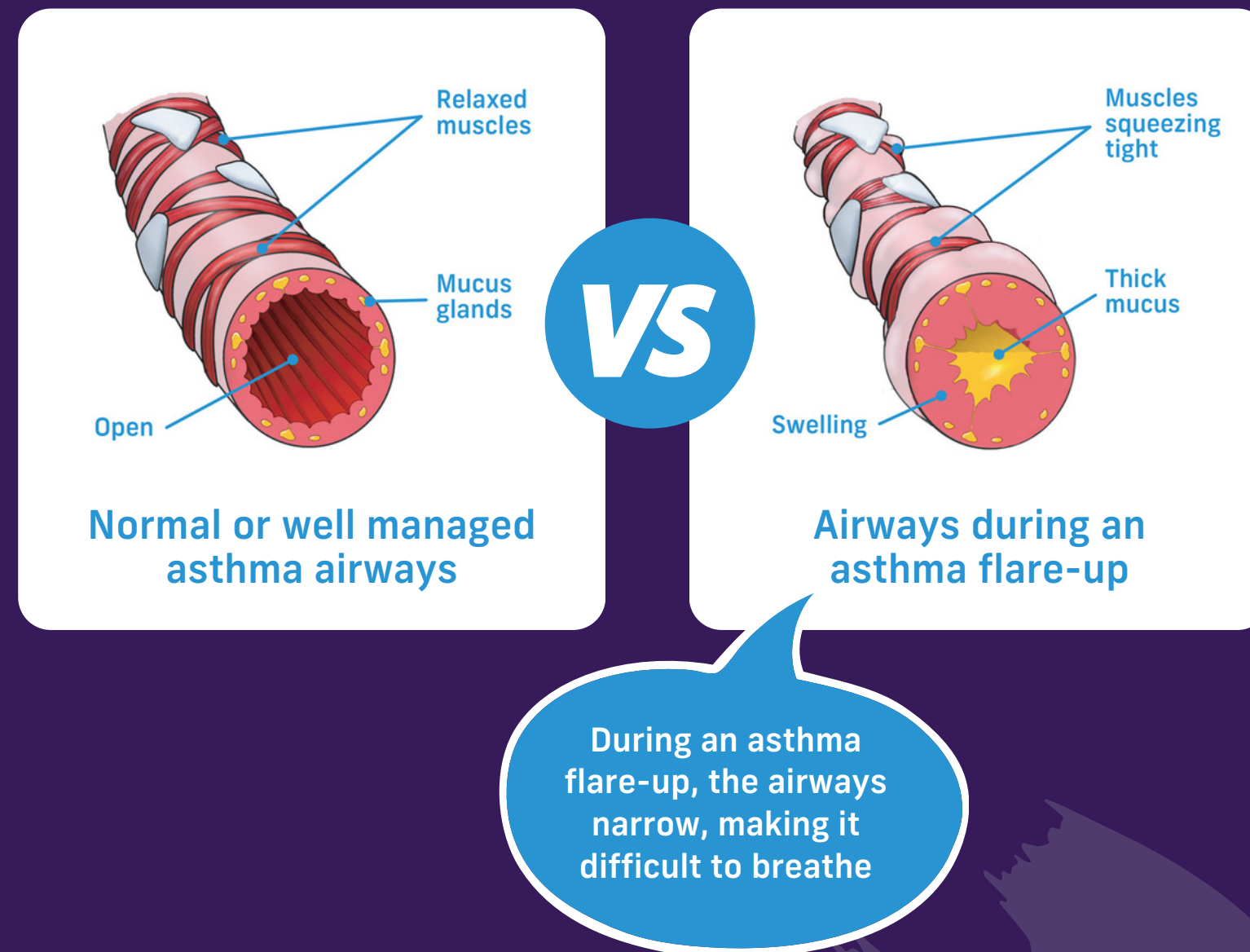


WORLD ASTHMA DAY 2024

Raising awareness and support for nearly
2.8 million Australians living with asthma



ASTHMA MAKES IT **HARD TO BREATHE** DUE TO NARROWING OF THE AIRWAYS





ONE AUSSIE PASSES AWAY FROM AN ASTHMA ATTACK EVERY DAY

About 400 deaths each year

450,000 deaths worldwide each year





ASTHMA AFFECTS 1 OUT OF 9 PEOPLE

in Australia



ASTHMA IS THE **NUMBER 1** DISEASE BURDEN IN SCHOOL-AGED KIDS

About 39,000 hospitalisations each year
(fewer during COVID-19 pandemic measures).

Nearly half (42%) are kids under 15





“IT IS **SO SCARY**
WHEN YOU CAN'T
BREATHE”

ASTHMA SYMPTOMS



**Chest
tightness**



**Shortness
of breath**



Cough



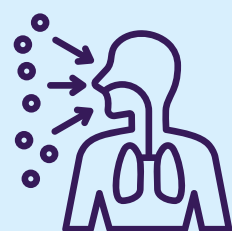
Wheeze

ASTHMA IS **TRIGGERED DIFFERENTLY** IN DIFFERENT PEOPLE



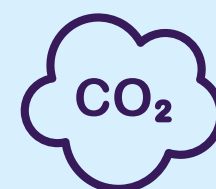
EXERCISE

Any physical activity



ALLERGIES

Pollens, dust, pet dander, mould



AIR POLLUTION

Smoke, exhaust, emissions, gas cooktops



VIRUSES

Rhinovirus, Influenza, RSV, Whooping Cough



WEATHER

Cold air, humidity, storms



STRONG SMELLS OR VOCs

Chemicals, perfumes, new furniture

TREATMENT HELPS



Most people with asthma should be on a preventer inhaler (small dose of steroids to calm airways) because it can:

- ✓ PREVENT SYMPTOMS
- ✓ REDUCE THE LIKELIHOOD OF ASTHMA ATTACKS; AND
- ✓ IMPROVE ASTHMA RELATED QUALITY OF LIFE

These are prescribed by a doctor or respiratory specialist.

Many people don't use their preventers properly.





SEVERE ASTHMA AFFECTS UP TO 200,000 AUSTRALIANS

They can still have life threatening asthma attacks even on high doses of medications.

Severe asthma is a debilitating and traumatic condition.



HOW YOU CAN **HELP**



Be supportive and treat asthma seriously in yourself, family, friends and colleagues



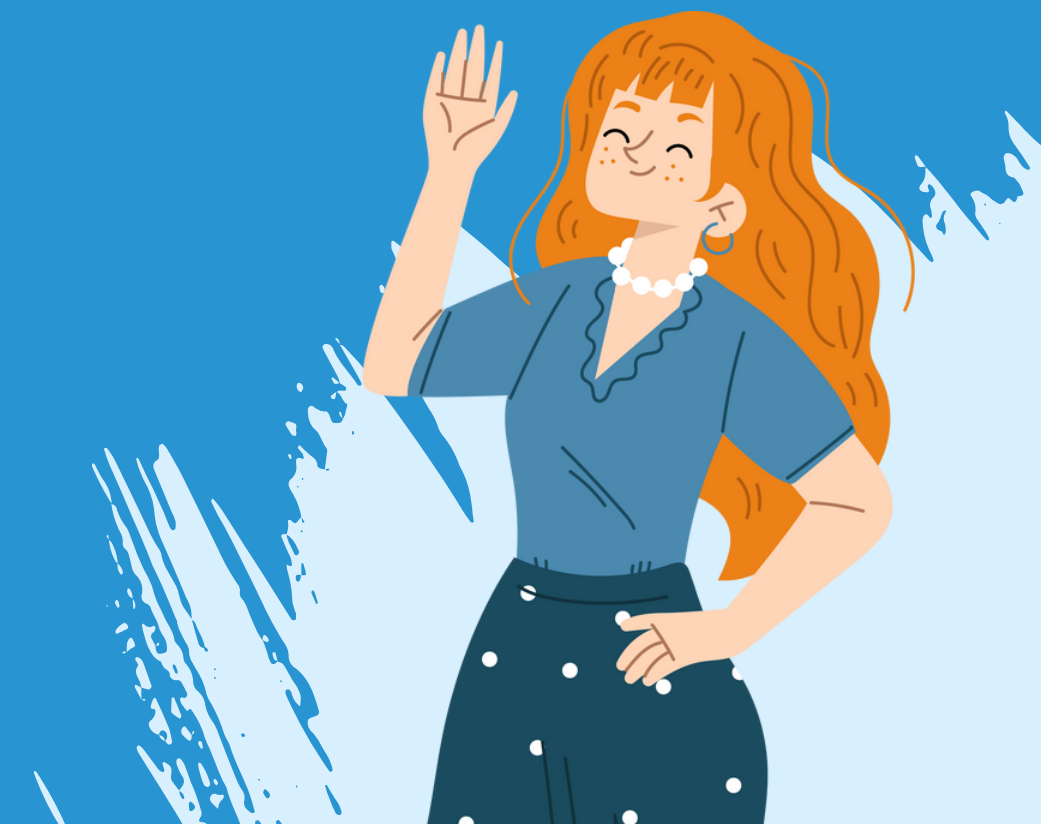
Ask what triggers someone's asthma and see how you can help



Try to avoid spraying strong chemicals, wearing strong perfumes and keep a clean work and home environment



Know how to perform Asthma First Aid





GIVE A TENNER

help people living with asthma breathe better

DONATE



WORLD ASTHMA DAY 2024



LEARN MORE AT
ASTHMA.ORG.AU

- ✓ Asthma Info
- ✓ Asthma First Aid
- ✓ Asthma Action Plans
- ✓ 1800 Asthma phone service



**ASTHMA
AUSTRALIA**