

Asthma Week 2026: social post copy

Post 1:



1 in 5 Australian women live with asthma.

Yet many don't know that hormones can influence their asthma symptoms.

This Asthma Week (1–7 September), we're supporting Asthma Australia to raise awareness of the connection between hormones and asthma, to help more women recognise changes in their symptoms and get the care they need.

Learn more at www.asthmaweek.org.au

#AsthmaWeek #SheNeedsToBreathe

Post 2:



Women's hormones can influence asthma at every stage of life.

Hormonal changes during puberty, the menstrual cycle, pregnancy, perimenopause and menopause can all influence asthma, but many women don't realise there's a connection.

This Asthma Week, we're helping shine a light on women's asthma and the importance of recognising changes in symptoms, booking an asthma review with their doctor when needed and having an up-to-date Asthma Action Plan.

To learn more, visit www.asthmaweek.org.au

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