



Asthma Week 2026 - Newsletter Article

1–7 September is Asthma Week, and this year Asthma Australia is shining a spotlight on the connection between women's hormones and asthma.

Did you know hormones can affect asthma? For many women, symptoms can change during their menstrual cycle, pregnancy, perimenopause and menopause, yet this connection is often overlooked.

Around 1 in 5 Australian women live with asthma. Overall, women are twice as likely as men to be hospitalised for asthma, and many go years without recognising that their symptoms could be connected to hormonal changes.

Understanding this connection can help women recognise when their asthma isn't well controlled and seek the support they need. This Asthma Week, Asthma Australia is encouraging women to learn how hormones can influence asthma, monitor changes in their symptoms throughout different life stages, and speak with their healthcare professional if their asthma changes or worsens.

By increasing awareness of the unique challenges women face, we can help more women understand their asthma, access the care they deserve and breathe easier.

Learn more at asthmaweek.org.au.