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## **MEDIA RELEASE**

### **World Asthma Day: Time to update your plan**

Tuesday May 5 marks World Asthma Day and the Asthma Foundation of WA is encouraging the community to take control of their asthma.

Bayswater resident, Sue Moran knows the importance of taking control of asthma. She recently contacted the Asthma Foundation of WA with questions about her sons Oliver and Miles' asthma. "I felt I didn't have as much information as I needed, especially with a 15 month old that can't communicate what he is feeling. I found out about Asthma Action Plans and made it my priority to get one for each of my sons."

The Asthma Foundation of WA urges the 220,000 Western Australians with asthma to update or prepare their Asthma Action Plan. Alarming statistics released by the Australian Centre for Asthma Monitoring suggests that less than one quarter of all Australians with asthma have an Asthma Action Plan and in WA only 15% possess a plan.

An Asthma Action Plan is a set of instructions written by your GP that helps you recognise when your asthma is getting worse to monitor your medications and helps you to know when to seek further medical help.

"The action plan is useful to help me know what to look for when my sons' asthma is getting worse and exactly what I need to do to help them. Oliver's school also needs his action plan so they know what to do when I am not around," Sue said.

Poorly managed asthma not only influences people's lifestyle and attendance at work or school, but it can also be fatal. Statistics released last month show that in 2007, 385 people died from asthma in Australia.

Asthma Foundation of WA CEO John Gummer says, "Effective asthma treatments exist and, with proper diagnosis, education, and treatment, the great majority of Western Australians with asthma can achieve and maintain good control of their disease. When asthma is under control, people can live full and active lives and with a regularly updated Asthma Action Plan, control over asthma can be achieved."

Sample Asthma Action Plans can be downloaded from the National Asthma Council Website [www.nationalasthma.org.au](http://www.nationalasthma.org.au) .

The theme of World Asthma Day is simple: "You can control your asthma".

Further information about asthma can be found at [www.asthmawa.org.au](http://www.asthmawa.org.au) or by phoning 1800 645 130.

**-ENDS-**

**For interview and photo opportunity with Sue Moran, or for media spokesperson from Asthma Foundation of WA contact:**

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