



MEDIA RELEASE

Thursday 11th September

Asthma, Allergies and Spring- Be Prepared

With asthma as a talking point following Asthma Week last week, The Asthma Foundation of WA is holding a free community education seminar at the Morley Sports and Recreation Centre on Wellington Road, Morley on Thursday 18th September from 7-9pm.

With increased pollen levels and changes in temperature which happen during seasonal changes, spring can be the season with the greatest impact on people living with asthma. The free seminar will address common triggers of asthma and how to manage them during the spring season.

The aim of the session is to provide the latest information on controlling and managing asthma. The session will cover what to do in an asthma emergency, recognising asthma symptoms and using your medications correctly.

Asthma Educator, Diane Marks says "Asthma affects over 220,000 people in WA. It's a potentially dangerous disease, but if their asthma is properly managed, people can live a healthy life and keep doing all the things they enjoy."

During spring the Asthma Foundation hopes more families and individuals can learn to take control of their asthma by accessing the free education sessions and activities that are on offer throughout the year.

"People are often surprised at the difference education can make to their asthma management. With education sessions being offered throughout Perth, we hope the community will come along", she said.

To book a place for the free *Ask the Asthma Educator* session on the 18th September please call Nyree on 9289 3643.

To book a free one-on-one clinic with the Asthma Educator for the north-east region, who is based in Lockridge, please call Diane Marks on 9279 0118.

For more information or to become a member of the Asthma Foundation of WA, please phone 9289 3600, or visit www.asthmawa.org.au.

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