



## **MEDIA RELEASE**

**Tuesday 12<sup>th</sup> August**

### **Don't get sprung this Spring – Take control of your asthma**

Spring might signify the start of warmer weather and longer days, but for one in six children and one in nine adults diagnosed with asthma it can also spell trouble. Increases in airborne pollens from grasses, trees and weeds can play havoc with many people's asthma and lead to worsening symptoms and asthma attacks.

Recent data shows a disturbing increase in asthma related deaths in Australia, with one person dying in Western Australia every 11 days. Don't get sprung this Spring - take control of your asthma and make the most of your garden, weekend picnics and sporting activities by accessing the free education sessions being held by the Asthma Foundation.

During Asthma Week (from 1–7 Sept) the Asthma Foundation of WA is running an Ask the Asthma Educator free information session at their West Perth Office on Thursday 4<sup>th</sup> September from 6pm - 8pm.

Chief Executive Officer of the Asthma Foundation, John Gummer says, "With so many people affected by asthma, it is alarming to know how complacent people can be with their asthma management. With education sessions being offered throughout Perth and activities scheduled right through Perth schools, childcare centres, pharmacies and GPs during Asthma Week, we hope to help even more people gain control of their asthma."

During the interactive Ask the Asthma Educator session in West Perth, participants will learn about common asthma triggers, medications and how to use them, peak flow meters, asthma action plans, and importantly how to assess and manage an asthma emergency situation. Light refreshments will be provided, and products will be available for purchase.

"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," Mr Gummer said.

Anyone interested in booking a place for the free Ask the Asthma Educator session in West Perth on Thursday 4<sup>th</sup> September, or wishing to book a free one-to-one session with an Asthma Educator, please call Nyree on 9289 3643.

The Foundation's Asthma Week Donations Appeal is now underway and the community is encouraged to dig deep to support the vital work of the Asthma Foundation in providing educational services and funding medical research. To make a donation or for more information on the Asthma Foundation of WA and their community services, please visit [www.asthmawa.org.au](http://www.asthmawa.org.au)

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Please find the 'spring time' photograph attached. To schedule further photographs at the West Perth office with the CEO and/or Asthma Educators please call the Media Contact.

**Media Contact:** Kate Van Saane, 9289 3663. Please make contact for interviews or photographs.