



MEDIA RELEASE

Friday 14th 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 nine children and one in ten 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.

Local resident Astrid Lee says, "Last spring my asthma prevented me doing any gardening but now that I have my asthma under control I find I can spend much more time in the garden".

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 a free education session on Tuesday 25th August from 1.30pm – 3.30pm at Joondalup Community Health Centre.

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."

During the interactive Ask the Asthma Educator session in Joondalup, 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 more than 220,000 people in Western Australia. 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 Joondalup on Tuesday 25th August, please call Danika on 9289 3643.

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

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