



**MEDIA RELEASE
12 November, 2008**

Asthma help for the peak pollen season

Hay fever sufferers and people with asthma; beware – peak pollen season is now until late November, according to the latest asthma alert issued by the National Asthma Council Australia.

“There is so much hype at the start of spring about pollen-triggered asthma and allergy that many people don’t realise that the real danger period is actually late spring and sometimes even early summer,” warned Professor John Wilson, National Asthma Council Australia chairman.

“These are the four to six weeks of the year when plant-based and pollen-related asthma is at its peak,” Prof Wilson explained. “Then as summer progresses, pollen distribution tends to fall off and prevailing winds make pollen less of an issue.”

For people with asthma, major thunderstorms at this time of the year can also compound the problem, triggering sudden and severe asthma attacks and an increase in hospital admissions.

Pollen grains become wet, expand and then burst, releasing particles that when breathed in can cause trouble for people with asthma and allergies.

“It’s difficult to entirely avoid pollen in this season, but there are things people can do to minimise their exposure to this and other triggers, which can improve their overall asthma management,” says Lisa Terlick, Community Education Officer from the Asthma Foundation of Western Australia.

“One simple measure is to avoid hanging out laundry on windy hot days or just after a rain shower- pollen can stick to the laundry and then you wind up wearing and sleeping in it.”

Lisa will present a free information session on Asthma Management at the Armadale Community Health centre on November 26th, from 6:00pm to 8:00pm. Anyone who has, or cares for someone who has asthma is invited to attend. Bookings can be made by calling (08) 9289 3643.

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