



# Busting asthma myths Get the facts



## Asthma Australia

### Fact One

### Asthma impacts most Australians



Two-thirds of Australians are impacted by asthma. Most people know 1 of the 2.5 million Australians who have been diagnosed with asthma. You probably know someone with asthma.

### Fact Two

### Asthma is a long term disease

Asthma can develop at any age, even adulthood. Most people don't grow out of asthma – even though 1 person in 4 may think that -



### Fact Three



### Asthma is a life-threatening disease -

More than 400 people die because of asthma each year. The medication, knowledge, and a written Asthma Action Plan can keep asthma under control. Almost 1 person in every 3 don't realise asthma is life-threatening.

### Fact Four

### Asthma triggers are varied and include pollen, smoke, physical activity and exercise, colds and flus and thunderstorms.

Most people know that asthma has many common triggers, including pollen, smoke, physical activity, and viruses. But are you 1 out of every 2 Australians who know that thunderstorms can trigger asthma flare-ups? Everybody experiences asthma differently.

### Using an asthma preventer every day is the best way to reduce asthma symptoms and flare-ups.

Using preventers each day reduces symptoms of asthma and flare-ups for most people. These medications mimic the body's natural response. Only 1 in 4 people under 24 years old know this. Preventers are the mainstay