

Myths about asthma

1 **Myth:** Asthma is a childhood condition

Fact: Asthma can occur at any age

2 **Myth:** Children outgrow asthma.

Fact: Children do not always outgrow asthma, and can have symptoms into adulthood.



3 **Myth:** Asthma is not common

Fact: 1 in 9 West Australians (11%) have asthma, and prevalence is steadily increasing across Australia



4 **Myth:** Asthma is not life-threatening.

Fact: Even people with mild symptoms can sadly die from a severe asthma flare-up.



5 **Myth:** People with asthma shouldn't exercise.

Fact: People with asthma can exercise when their asthma is well controlled; children with low physical activity levels have increased risk of developing asthma.



Respiratory Care WA

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on asthma, visit:
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