



# Three questions to ask this World Asthma Day

Asthma affects 1 in 9 Australians and is one of the most common chronic conditions, especially in children. World Asthma Day brings people together around the world to raise awareness and work towards better care for all, so everyone can breathe a little easier.

## How to refer your patient:

### HealthLink:

waasthma

### Fax (where HealthLink is unavailable):

(08) 9289 3601

## Contact us

Ph: (08) 9289 3600

E: [ask@respiratorycarewa.org.au](mailto:ask@respiratorycarewa.org.au)

## Have you had wheezing, coughing, chest tightness or shortness of breath recently, even if it comes and goes?

These symptoms are frequently under-recognised across all age groups. Breathlessness is not normal and should be assessed. Early identification is critical.

## Are your symptoms affecting your sleep, daily activities, work or exercise?

Asthma may be under-recognised or suboptimally controlled if symptoms impact sleep, daily activities, work or exercise.

## Do you know how to manage your asthma, including correct inhaler use and when to seek care?

Patients benefit from education, inhaler technique review and a personalised Asthma Action Plan.

All test results are shared with the patient's GP or referring health professional.

*Respiratory Care WA acknowledges the Traditional Owners and Custodians of Country throughout Australia and their continuing connection to land, waters and community. We pay our respect to them and their cultures, and Elders past, present and emerging.*



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These symptoms are frequently under-recognised across all age groups. Breathlessness is not normal and should be assessed. Early identification is critical.

## Are your symptoms affecting your sleep, daily activities, work or exercise?

Impact on daily life may indicate asthma is not well controlled.

## Do you know how to manage your asthma, including correct inhaler use and when to seek care?

Education, inhaler technique review and a personalised Asthma Action Plan support better outcomes.

All test results are shared with the patient's GP or referring health professional.

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