



Busting Asthma Myths

Separating fact from fiction so everyone can breathe easier!

✗ MYTH

“People with asthma cannot be athletic. Asthma holds them back.”

✓ FACT

As long as their asthma is well managed, people with asthma can enjoy being active and playing sports – just like everyone else!

In fact, some famous athletes and performers have asthma too, like AFL legend Matthew Pavlich and pop star Pink!

✗ MYTH

“You only get asthma when you are young.”

✓ FACT

Asthma can affect anyone at any age. Sometimes the symptoms go away, but they can come back later in life too.

✗ MYTH

“Asthma flare-ups only happen when people run too much.”

✓ FACT

Everyone's asthma is different. Some people might find that exercise triggers their asthma, but others don't. Other common triggers include:

 Colds
 Pollen

 Smoke
 Strong emotions

✗ MYTH

“Asthma is not very common in WA.”

✓ FACT

Asthma is common. About 1 in 9 people in Western Australia – that's 11% – have asthma! Even if you don't have asthma yourself, you probably know someone who does like a friend, classmate or family member.

✗ MYTH

“Asthma is not that serious; you can just breathe through it.”

✓ FACT

Asthma needs to be taken seriously. If asthma isn't well managed, it can make someone very unwell. During an asthma flare-up, the person might find it hard to breathe and will need their reliever inhaler straight away. Knowing how to help can make a big difference!



Respiratory Care WA



Learn more about asthma and download free resources at respiratorycarewa.org.au