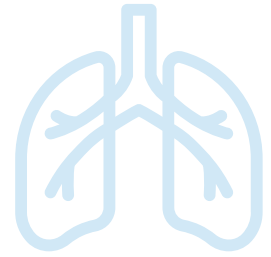


What is asthma?



Asthma is a long-term lung condition that affects people of **all ages**.
1 in **9** Western Australians have asthma (11% of the population).

People with asthma have sensitive airways in their lungs which react to triggers, such as pollen, colds and flu, smoke, exercise or other personal triggers, causing a 'flare-up'.

During a flare-up, the muscles around the airways squeeze tight and the inside of the airways become inflamed. This causes them to swell, become narrow and produce more mucus. These things can make it more challenging to breathe.

For most people, their asthma can be managed through a personal care plan with their health professional so they can **live their best life**.

Did you know?

The causes of asthma are not entirely known by experts; however people with a family history of asthma, hay fever, eczema or allergies may be more likely to develop asthma.



Did you know?

Relievers are fast-acting medicines that open up the airways to make it easier to breathe. Some people with asthma may need to use a reliever before exercise or activity.



A **spacer** is a device that can help more of that medicine reach the lungs.

Did you know?

Respiratory Care WA has been helping West Aussie kids and adults with asthma **live their best life** since 1964.

We also provide support for teachers and coaches to create inclusive spaces for students.



Did you know?

Many successful people **live with asthma**, such as Cathy Freeman, David Beckham, Eminem, Harry Styles, Lindsay Lohan, Matthew Pavlich and Pink.

