



Asthma Foundation NSW launches new information service-

ASTHMA ASSIST

At the Foundation we know that credible health information is highly sought after but often difficult to find. Asthma Foundation NSW aims to provide the community with evidence based and user friendly information to help people better understand and manage their asthma to avoid unnecessary asthma attacks, and to minimise asthma symptoms so people with asthma can lead full and productive lives.

To this end, Asthma Foundation NSW has developed a free information service "Asthma Assist" for anyone with asthma or an interest in asthma.

By registering you will receive:

onAIR – our free email newsletter

Sent up to 6 times a year onAIR features information about topics such as asthma research, medications and devices, and asthma triggers.

An Asthma Control Pack

This includes an Asthma Emergency Card and other useful information to help you manage your child's asthma, or the asthma of someone you know and care for. You can request up to 3 packs per household.

A free asthma first aid magnet

Be sure you know what to do in an asthma emergency.

If your child...

- Ever wakes in the night coughing or wheezing
- Gets breathless or wheezy during the day
- Needs to take their blue reliever puffer more than 3 times a week
- Find their asthma limits physical activity & exercise

It is possible that their asthma is not as well controlled as it could be. Many people with asthma put up with these symptoms without realising it's their asthma that is letting them down.

Find out how you can better manage your child's asthma. Join our free information service - **Asthma Assist** at www.asthmansw.org.au

Any questions please contact our free **Asthma Information Line 1800 645 130**