



YOU CAN CONTROL YOUR ASTHMA!

Did you know there are approx 14, 300 **avoidable hospitalisations** arising from asthma every year, not to mention the urgent visits to Accident and Emergency Departments and GPs.

People are hospitalised each week from asthma. In most cases asthma exacerbations are worse than they should be. With correct medication, knowing triggers for asthma and advice from the doctor, asthma can be controlled.

Asthma triggers

- Colds and flu
- Cigarette smoke
- Exposure to cigarette smoke (passive smoking)
- Exercise/activity
- Inhaled allergens (e.g. pollens, moulds, animal dander and dust mites)
- Environmental factors (e.g. dust, pollution, wood smoke and bush fires)
- Changes in temperature and weather
- Certain medications (e.g. aspirin)
- Chemicals and strong smells (e.g. perfumes, cleaners)
- Emotional factors (e.g. laughter, stress)
- Some foods and food preservatives, flavourings and colourings (uncommon)

Every person's asthma is different. Not all people will have the same triggers, nor will they react to every trigger listed above. You may not always know what triggers your child's asthma. **It is helpful to identify triggers in order to avoid them** however this is not always possible (e.g. colds and flu). Your doctor or local Asthma Foundation will assist you.

Visit the Asthma Foundation NSW website and register for your free information pack now and be one step closer to controlling your child's asthma!

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