

Growing out of Asthma



Many people think that children can grow out of asthma, however this is not entirely correct.

Even though your child might not have asthma symptoms for hours, days or years, this does not mean they do not have asthma. Asthma may improve with age and attacks may become less frequent and/or severe, but the tendency is always there.

Some children can experience long periods of time without symptoms, typically during the teenage years. Nevertheless, it is not uncommon for children with asthma to not show symptoms for years and then have a recurrence of symptoms later in life. For very young children with asthma, improvement is generally due to increases in body size, overall improvement in health and fitness, muscle development etc, rather than a 'cure'. However, asthma can return at any time including later in life. Even though they might not display recent asthma symptoms, a person who has had asthma should always carry their blue reliever medication. Although there is currently no cure for asthma, it can be controlled and managed.

If you would like more information or would like to speak to an Asthma Advisor, please call 1800 645 130 or visit www.asthma.org.au.

The Asthma Foundation of Victoria, 2005, 'Information Sheet: Asthma Myths'
National Asthma Council Australia, 'Asthma Management Handbook 2006'