



Air Traffic Control

TERM 3, 2007

...Helping People Breathe Better...

WILDCATS CHALLENGE KIDS WITH ASTHMA TO JOIN IN

Children attending the next Triple 'E' Asthma Challenge in the school holidays will learn the tricks of the basketball trade from Perth Wildcats players.

Guest appearances from popular athletes, including some with asthma, is one way that the Triple 'E' program motivates children to take up a sport and increase their physical activity.

Encouraging students with asthma to attend the event could also lessen the amount of attacks those children experience at school, according to co-ordinator Jodie Elvin.

Triple 'E' is for 7–12 year olds with asthma and provides an opportunity to meet other children with the condition. They can also bring along a friend or sibling without asthma who will learn how to help in an Asthma First Aid situation.

“The program also arms children without asthma with Asthma First Aid skills which could be used in a schoolyard asthma emergency,” Ms Elvin said.

The event will run on Thursday and Friday, October 11 and 12 at the City of Joondalup Leisure



Centres – Craigie and participants will once again be treated to two days of dynamic

activities and the chance to make new friends. Parents should phone 9289 3643 to request an enrolment form and secure a place for their children at this popular school holiday event.

The Triple 'E' atmosphere motivates children to be more involved with the management of their asthma. Each day an education session focuses on a variety of asthma issues which provides children with an understanding of what is happening inside their bodies, the roles of medications, and Asthma First Aid.

The rest of the time is spent enjoying a range of Exercise and Entertainment including the following activities proposed for the upcoming event; fencing, hockey, puppet-making, circus skills, theatresports, little athletics, Animal Ark Roadshow, bubble show, marionette performance and more.



What's Inside!

- Asthma and pain relievers
- Is your school Asthma Friendly yet?



...Helping You To Stay Informed...

ASTHMA AND PAIN RELIEVERS

If you or someone you care for has asthma, you need to be aware that many pain-relieving medications have the potential to trigger asthma symptoms. According to the National Asthma Council of Australia, between 3 and 22% of people with asthma may have an asthma attack after taking aspirin or non-steroidal anti-inflammatory drugs (NSAIDs) (depending on the type of test used).

Aspirin and NSAIDs are sold in a variety of forms, both over-the-counter and on prescription. Both the oral and topical forms of these drugs may trigger an asthma attack in sensitive individuals. Aspirin-induced asthma attacks may be preceded by a runny nose or hay fever-like symptoms, sneezing or flushing of the face. The attack can be very severe and life threatening. If you are unsure if a particular medicine will trigger your asthma, speak to your GP or pharmacist before taking it – remember that it is also possible to develop sensitivities later in life where there has previously been no reaction.

Some topical products (eg creams or gels for applications to skin or gums) are NSAIDs or contain salicylates. Salicylates are related to aspirin and may have similar effects. Some dental or teething gels such as Bonjela, SM33 or Herron Baby Teething Gel contain salicylates and need to be treated with caution by people with aspirin-induced asthma.

Some herbal products (such as feverfew or willowbark extracts) also contain salicylates, and products such as Royal Jelly and Echinacea have been known to trigger asthma in sensitive people. If you are considering using any of these products, make sure you discuss your case with a qualified practitioner, and consult your doctor or pharmacist.

Further information

Talk to your GP or pharmacist or contact the Asthma Foundation of WA on 9289 3600 to speak to an asthma educator. For fact sheets and brochures about asthma, visit the Asthma Foundation of WA's website at www.asthmawa.org.au and click on *Brochures and Fact Sheets*.

Tips for using pain-relievers safely

- Consider using a non-NSAID pain reliever such as paracetamol rather than aspirin or an NSAID.
- If you have had a bad reaction to one NSAID, you are likely to have a similar reaction to the others.
- Watch for symptoms. If you have taken medication and your asthma gets worse, or if you develop hives, hay fever-like symptoms or facial swelling, get medical help immediately.
- Use the medications as directed and follow dosage instructions carefully. Consult your GP if symptoms persist.
- Avoid alcohol to decrease the risk of gastrointestinal damage.
- Check the package insert for the list of side-effects, so that you know the potential problems and drug interactions.
- Read the ingredients of all medicines, as pain relievers may be included in many over-the-counter treatments such as cold and heartburn medications.
- Tell your GP about all medicines, complementary therapies and supplements that you use, including all over-the-counter medicines, herbs and vitamins.

What should I do if someone has an asthma attack?

Consult their written Asthma Action Plan immediately and follow the Asthma First Aid Plan:

Step 1 Sit person upright, stay calm and reassure.

Step 2 Without delay, shake a blue reliever puffer (Ventolin, Asmol, Airomir or Epaq). Give 4 puffs, one at a time, preferably through a spacer device. Ask the person to take 4 breaths from the spacer after each puff. (Bricanyl turbuhaler may be used if no puffer and spacer is available. Use a blue reliever puffer on its own if no spacer is available.)

Step 3 Wait 4 minutes. If there is little or no improvement repeat Steps 2 and 3.

Step 4 If there is still little or no improvement, dial 000 for an ambulance immediately. Continue to repeat Steps 2 and 3 while waiting for the ambulance.

...Helping Your School Become Asthma Friendly...

IS YOUR SCHOOL ASTHMA FRIENDLY YET?

Congratulations to the following schools who achieved or renewed their Asthma Friendly School status in Term 2, 2007

- Beechboro Christian School
- Chisholm Catholic College
- Churchlands Senior High School
- Como Primary School
- Coorow Primary School
- Currambine Catholic Primary School
- Dalwallinu District High School
- Durham Road Primary School
- Girrawheen Senior High School
- Gladys Newton School
- Mt Hawthorn Primary School
- North Morley Primary School
- Northam Primary School
- Sacred Heart Primary School
- St Bernard's School
- St Mary's School (Northampton)
- St Matthews Primary School
- Wundowie Primary School
- Yealering Primary School.

And a big "Welcome Aboard" to the following schools who have registered with the Asthma Friendly Schools program during Term 2.

- Karratha Education Support Centre
- Karratha Primary School
- Beehive Montessori School
- Cottesloe Primary School.

DOES YOUR SCHOOL NEED TO RENEW?

Congratulations to all the schools who have been involved in the Asthma Friendly Schools program since its inception in Western Australia in 1997. The schools listed below are due to renew their Asthma Friendly School status BEFORE the end of this year. Many of these schools are currently working towards their renewal, but if your school has not yet contacted us to begin the process please get in touch as soon as you can so we can continue to work with you to keep your school a safer place for children and adults with asthma. Renewing your Asthma Friendly status is a simple process, often involving little more than arranging to have another FREE 1 hour staff session about asthma and managing an asthma emergency situation.

Remember that to complete your Asthma Friendly Schools renewal you must send the completed Recognition Checklist Form back to us. Once we have received and processed your completed form you will receive your certificate, free window sticker and a complementary bum bag with a volumatic spacer for your school. To arrange to renew your Asthma Friendly status for a further three years please contact the Asthma Friendly Schools program on 9289 3639 or email afs@asthmawa.org.au

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| • Albany Primary School | • Charthouse Primary School | • Kent Street Senior High School | • St Brigid's School |
| • Albany Secondary Education Support Centre | • Claremont Primary School | • Kewdale Primary School | • St Columba's Primary School |
| • Albany Senior High School | • Clifton Hills Primary School | • Latham Primary School | • St Francis Xavier Primary School |
| • Ashfield Primary School | • Cloverdale Primary School | • Lesmurdie Senior High School | • St Joseph's School (Boulder) |
| • Australian Islamic College (North of the River) | • Dampier Primary School | • Lynwood Primary School | • St Joseph's Primary School (Wyndham) |
| • Australian School for International Education | • Dongara District High School | • Maida Vale Primary School | • St Mary's Anglican Girls' School |
| • Australind Primary School | • East Carnarvon Primary School | • Merredin Senior High School | • St Mary's Star of the Sea |
| • Australind Senior High School | • East Hamilton Hill Primary School | • Millars Well Primary School | • St Patrick's Primary School |
| • Ballajura Community College | • East Manjimup Primary School | • Moorditj Noongar Community College | • St Peter's Primary School |
| • Bassendean Primary School | • Embleton Primary School | • Mt Helena Primary School | • Toodyay District High School |
| • Bayswater Primary School | • Eneabba Primary School | • Mt Tarcoola Primary School | • Swan View Primary School |
| • Beechboro Primary School | • East Kenwick Primary School | • Mundijong Primary School | • Waggrakine Primary School |
| • Belmont City College | • East Victoria Park Primary School | • Nagle Catholic College | • Wagin District High School |
| • Blackmore Primary School | • Fremantle Fast Track | • Narembeen District High School | • Waikiki Primary School |
| • Boyanup Primary School | • Good Shepherd Catholic School | • New Life College | • West Beechboro Primary School |
| • Braeside Primary School | • Good Shepherd Primary School | • North Lake Senior Campus | • West Leeming Primary School |
| • Bramfield Park Primary School | • Gooseberry Hill Primary School | • Ocean Reef Senior High School | • Whitford Catholic Primary School |
| • Camboon Primary School | • Guildford Primary School | • Parkfield Primary School | • Willetton Senior High School |
| • Cannington Community College | • Guildford Primary School | • Parklands School | • Wongan Hills District High School |
| • Camamah District High School | • Gwynne Park Primary School | • Phoenix Primary School | • Woodlupine Primary School |
| • Cassia Primary School | • Forrestfield Senior High School | • Rangeway Primary School | • Woodvale Senior High School |
| • Caversham Primary School | • Halls Head Community College Education Support Centre | • Shelley Primary School | • Yanchep District High School. |
| • Challis Early Childhood Education Centre | • Huntingdale Primary School | • South Padbury Primary School | |
| | • Jarrahdale Primary School | • St Brigid's Primary School (Midland) | |
| | • John Calvin School (Albany) | | |

...Helping People Breathe Better...

CONVOY FOR KIDS

The Transport Forum of WA recently held their bi-annual 'CONVOY FOR KIDS' to raise much-needed funds and awareness for The Asthma Foundation of WA.

The Asthma Foundation (AFWA) was represented by our Junior Ambassador Bonnie Crabtree, a 12 year old student from Eden Hill. Bonnie helped to launch the convoy of approximately 300 trucks from the BP Truck Stop on Abernethy Road in Kewdale. This was an enormous event and was run like clockwork by Julianne Olson and Ian King from The Transport Forum.



Bonnie has lived with asthma for most of her life, but hasn't allowed it to control her. Bonnie participates in a variety of activities including netball, always keeping her reliever medication close at hand.

Bonnie couldn't believe the size of the truck she rode in at the head of the

pack and her sister Claire kept mentioning the automated staircase that opened out whenever the truck door was opened – that's how high the doors on these big rigs are! You need stairs to jump in.

A police escort was on hand to guide the convoy through the course and over the Causeway Bridge before parking up adjacent to Langley Park on Riverside Drive, near the Perth Esplanade.



The Asthma Foundation of Western Australia Inc

...Helping People Breathe Better...

ASK THE EDUCATOR

FREE ASTHMA EDUCATION SESSIONS



2007 UPCOMING DATES		
Tuesday 14th August Joondalup Community Health JOONDALUP 6.30pm - 8.30pm	Wednesday 15th August The Knowledge Centre Gosnells Library, GOSNELLS 9.30am - 11.30am	Wednesday 22nd August Kulunga-Myah Family Centre KARDINYA 7.00pm - 9.00pm
Thursday 6th September Shenton Park Comm. Centre SHENTON PARK 10.00am - 12.00noon	Wednesday 12th September Rockingham-Kwinana Div GPs KWINANA 10.30am - 12.30pm	Wednesday 19th September Woodlake Community Centre ELLENBROOK 6.30pm - 8.30pm
Tuesday 9th October Cottesloe-Peppermint Grove- Moorman Park Library PEPPERMINT GROVE 9.30am - 11.30am	Tuesday 30th October City of Armadale Administration Building ARMADALE 6.30pm - 8.30pm	Wednesday 31st October Stratton Community Centre STRATTON 9.00am - 11.00am
October/November Mercy Family Centre KOONDOOLA Details TBA	Thursday 1st November Clarkson Library CLARKSON 6.30pm - 8.30pm	Tuesday 1st November South Coastal Women's Health Service ROCKINGHAM 10.30am - 12.30pm

LEARN MORE ABOUT ASTHMA

<p>Topics include:</p> <ul style="list-style-type: none"> • What is asthma? • Common asthma triggers • Medications & how to use them • Peak flow meters & written Asthma Action Plans • How to assess & manage an Asthma First Aid Situation 	<p>Products available:</p> <ul style="list-style-type: none"> • Spacers • Dust Mite Covers • Peak Flow Meters • Books • Brochures
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Please call Nyree on 9289 3643 to book your place or email admin.community@asthmawa.org.au

www.asthmawa.org.au

The kids were then given free entry to the Perth Truck and Trailer Show, just up the road at the Perth Convention and Exhibition Centre.

The funds raised by the Convoy for Kids will assist the Asthma Foundation of Western Australia in providing support to the 220,000 West Australians with asthma.

Asthma Support Groups

Do you or your child have asthma?

Would you like to meet others in similar circumstances and share your experiences?

The Asthma Foundation of WA regularly holds Asthma Support Group meetings.

An asthma educator is available to answer any questions and refreshments are provided.

Enquiries/Bookings – Call Jodie on 9289 3645

