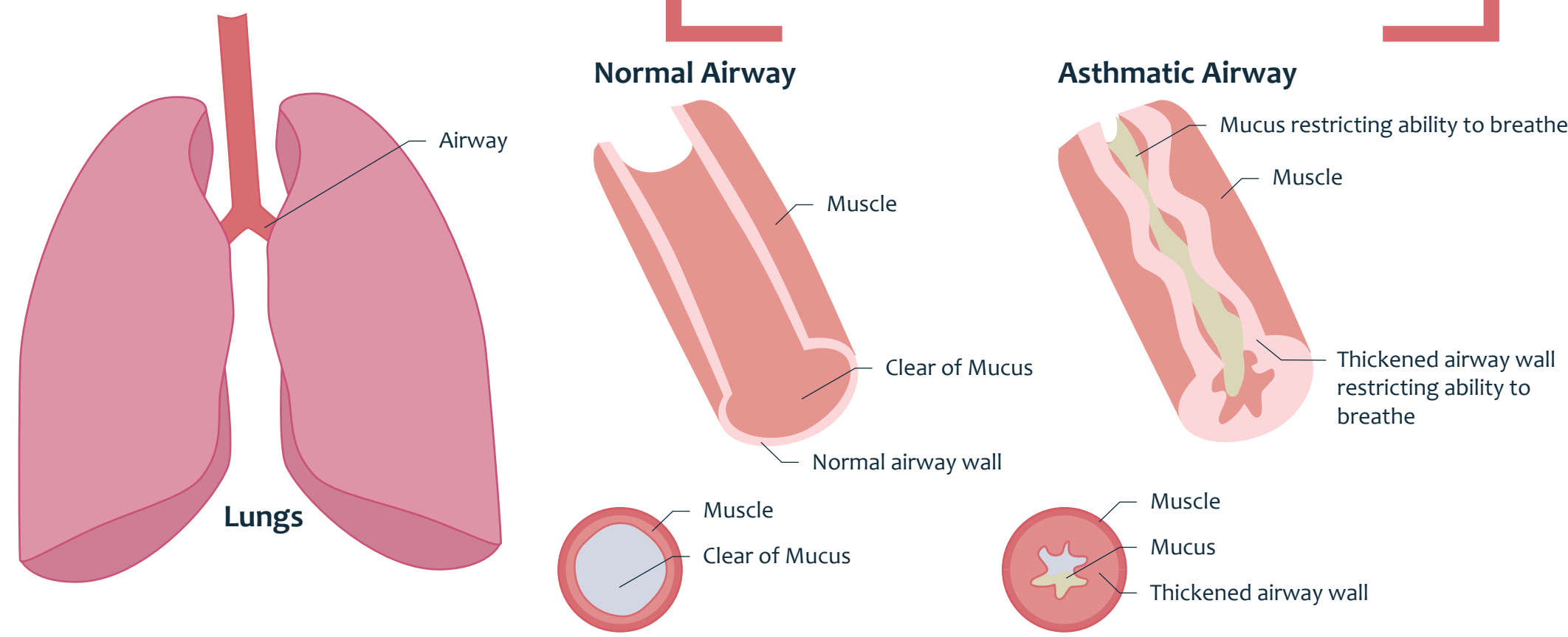
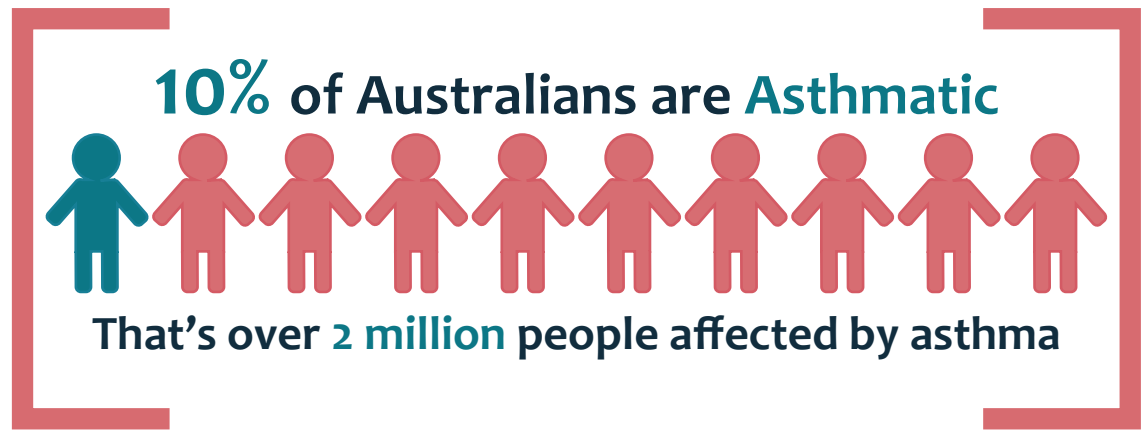


# Asthma in Australia

Asthma is a condition of the airways. People with asthma have sensitive airways in their lungs which react to triggers that set off their asthma. This makes it harder for them to breathe. **Three main factors cause the airways to narrow:**

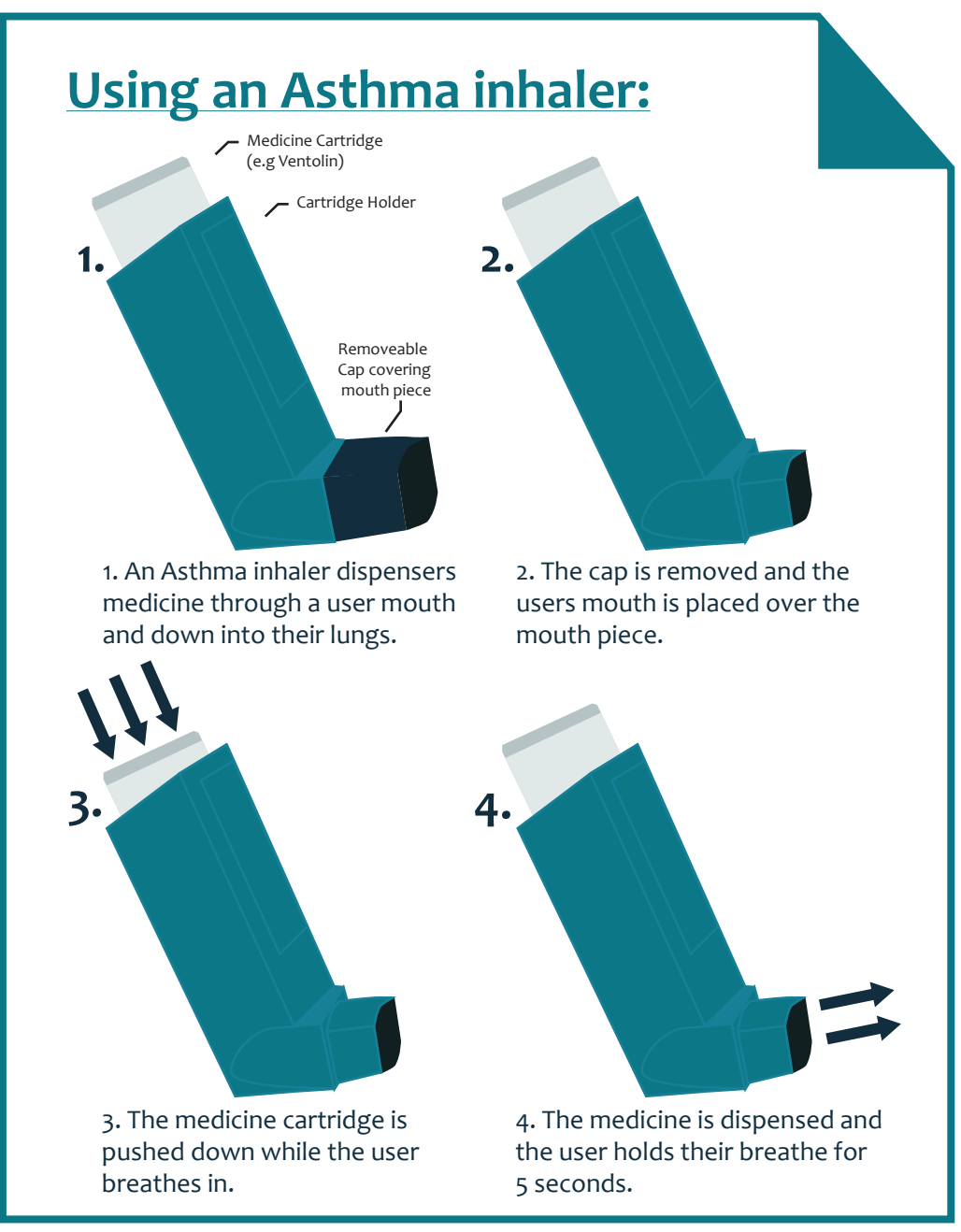
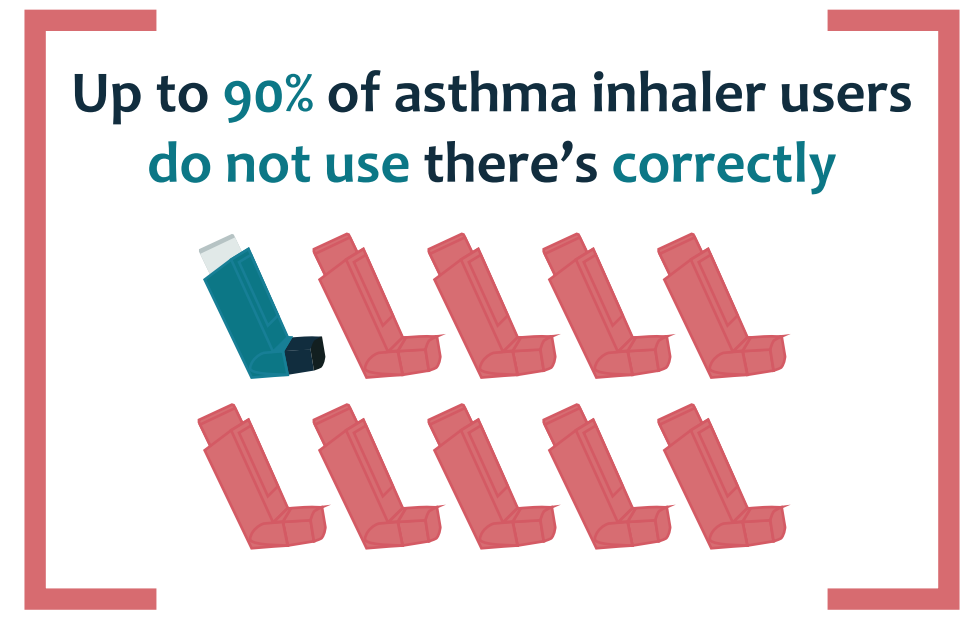
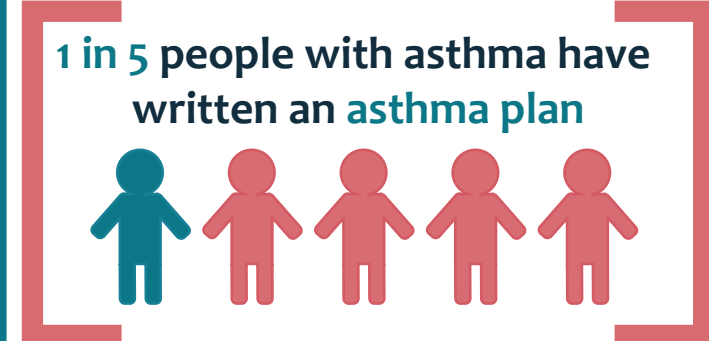
1. The inside lining of the airways becomes red and swollen (inflammation)
2. Extra mucus (sticky fluid) may be produced, which can block up airways
3. Muscles around the airways squeeze tight. This is called 'bronchoconstriction'



## Preventing and treating asthma

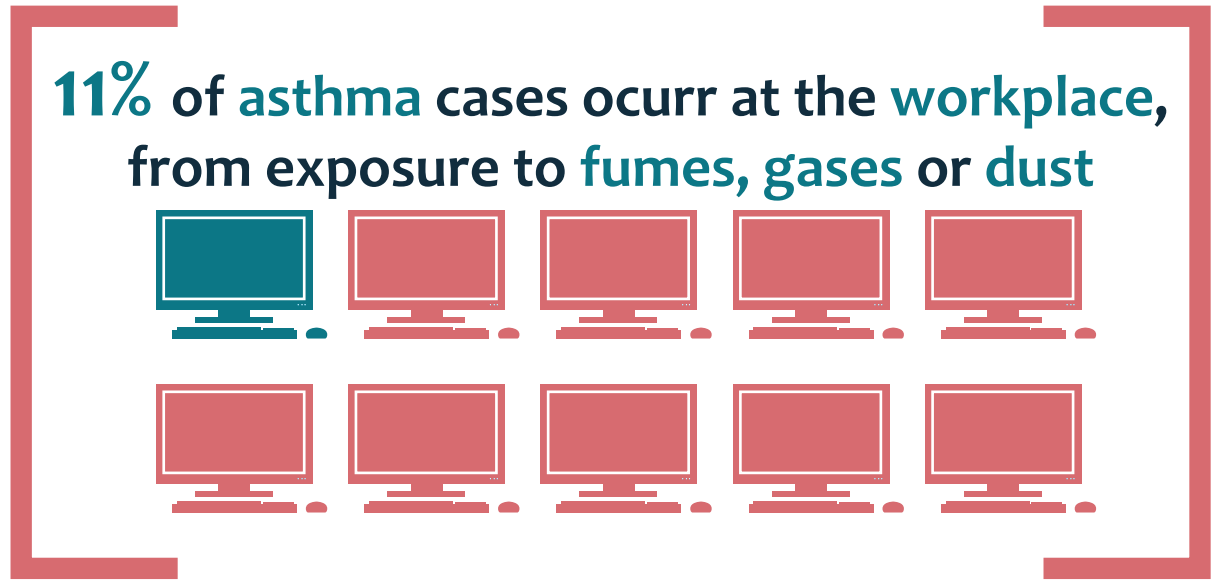
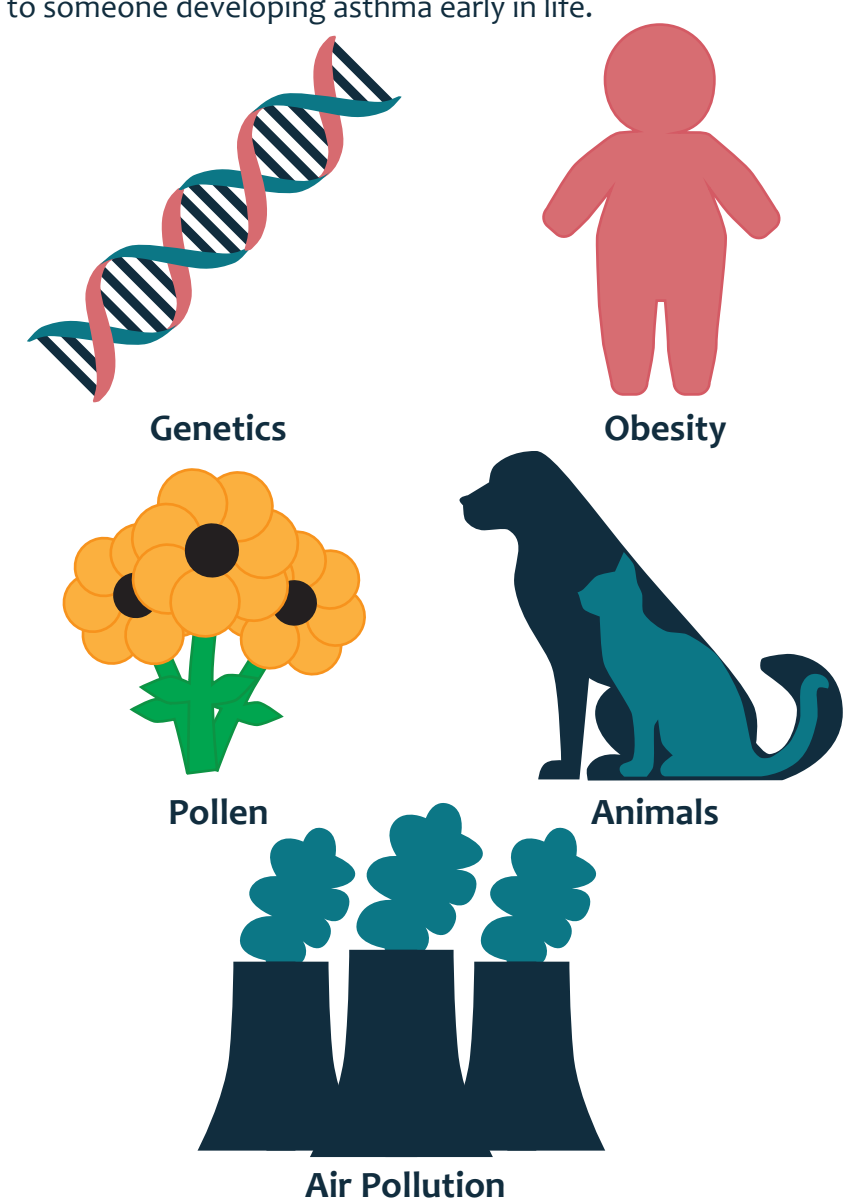
Managing your asthma means taking control of your health, writing an asthma plan and ensuring that you are taking the right medication in the right way. With the correct knowledge, skills and medication you can do just about anything!

- Asthma Plan**
- ▶ Daily Medication Listed
  - ▶ Sign of symptoms getting worse
  - ▶ What to do if asthma is getting worse
  - ▶ What to do if you have an asthma attack

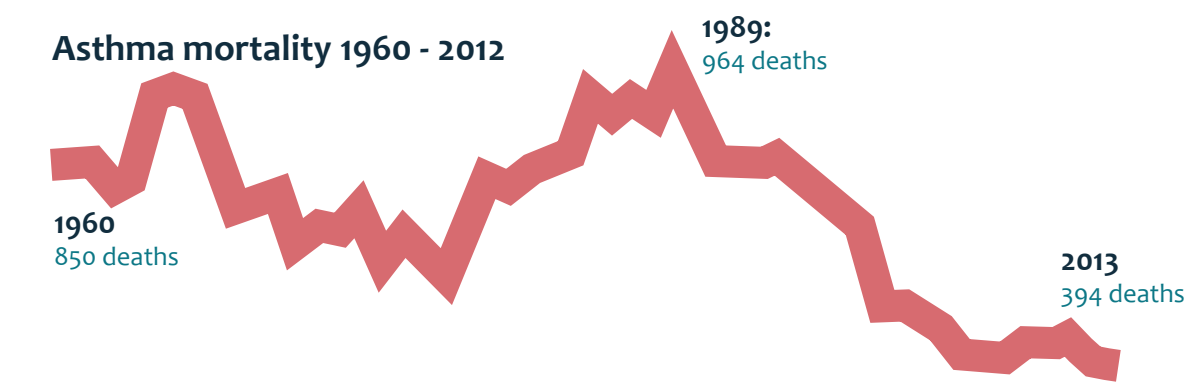


## Causes of Asthma and contributing factors

No-one really knows what causes asthma, but we do know there are links to both genetics (your family history) and the environment. We also know some of the factors that contribute to someone developing asthma early in life.



## Mortality and Occurrence



In the graph above you can clearly see how deaths in asthma have greatly decreased over time. This is due to research in asthma allowing treatment and preventative methods. Asthma Australia is always looking for donations. Visit their website at [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au) to donate and help people with asthma. Let's continue this decrease in asthma related deaths.

**The highest rate of hospitalisation is in boys aged 0 - 4 years old**

