

What is Asthma?

Asthma is a chronic inflammatory disorder of the airways – causing muscle spasms, inflammation, swelling and production of excess mucus.

The cause is unknown, it is mostly reversible and treatable.

How Common is Asthma?

Asthma Victoria states that over 2 million people in Australia and over 660,000 people in Victoria have Asthma.

Proportions with Asthma:

- 2 out of 5 children
- 1 out of 7 teenagers
- 1 out of 10 adults and increasing

What you can do:

Asthma is a disease, which can be debilitating, confusing and frustrating. However, it can be managed and controlled.

- You do not have to cope on your own.
- Visit your Doctor and Asthma Educator for an assessment of your Asthma.
- It is important that people with Asthma and their families know as much as possible about their symptoms, treatment and medication. It is important to have an individual Asthma Management Plan, so that an active healthy life can be lead.



Recognising Asthma:

- Coughing
- Wheeze (not always)
- Shortness of breath or rapid breathing
- Difficulty in speaking
- Chest tightness
- Tiredness

Triggers:

- Infections
- Smoke
- Emotions
- Mould
- Weather changes
- Medications
- Exercise
- Animal dander
- Food preservatives
- Industrial chemicals
- Pollens
- House dust mite

Asthma Services Available:

Asthma services offered by Castlemaine District Community Health Centre include:

Asthma Educator –

Providing one on one education. Asthma Information Pamphlets. Books.

Loan of videos and cassettes.

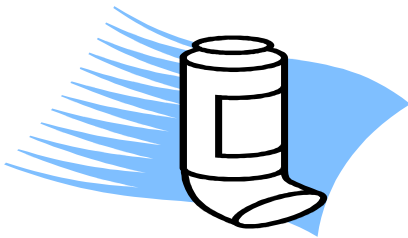
Also conducts information sessions for Health Professionals, Schools and Community Groups.

Spirometry Clinic –

To assist with diagnosis and optimal treatment of Asthma and other Lung disorders such as C.O.P.D.

Doctor's referral needed.

Bulk Billed.



Emergency Asthma Plan:

To be followed in the event of a serious Asthma attack.

1. Sit upright and stay calm.
2. Take 4 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 4 breaths from the spacer after each puff.
3. Wait 4 minutes. If there is no improvement, take another 4 puffs.
4. If little or no improvement, CALL AN AMBULANCE IMMEDIATELY - DIAL 000 (OR 112 FROM AN OUT OF RANGE MOBILE PHONE) AND STATE THAT YOU ARE HAVING AN ASTHMA ATTACK.

Keep taking 4 puffs every 4 minutes until the Ambulance arrives.

ASTHMA SERVICES



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