Taylor Walker’s Top Asthma Tips!

Just because you have asthma doesn’t mean that you can’t participate in sports. Exercise is essential for people with asthma and can even help control asthma and reduce the amount of medication you need.

Although some people have exercise induced asthma (EIA), many Olympic gold medals have been won by Australian athletes with asthma.

Adelaide Crows footballer Taylor Walker manages his asthma by:

- Making sure his day to day asthma is under control by regularly seeing his doctor and having a written Asthma Action Plan.
- Using his reliever medication 5-20 minutes before warming up.
- Always warming up before sport. A warm up consists of 10-15 minutes of light exercises and stretching.

If during exercise, asthma symptoms occur:

- Stop activity and take blue reliever medication.
- Return to activity only if free of symptoms.
- If symptoms reoccur, take blue reliever medication. Do not return to activity.

Do not exercise if you are feeling unwell; wait until your health improves before resuming your sport or activity.

Contact Asthma Foundation SA for more information about sports and asthma:

1800 645 130
asthmasa.org.au

2011 Asthma Foundation SA Take a Breather Charity Challenge

Asthma Foundation SAs 2011 Take a Breather Charity Challenge rogaine was a great success with over 150 teams and 442 people attending the event.

Six teams from Pembroke School joined the 2011 Asthma Foundation Rogaine at Para Wirra Recreation Park. This is what they had to say about the event:

At Para Wirra Recreation Park, all 6 Pembroke teams gave it their all, scrambling across gullies and over spurs, navigating the watercourses, all for the sake of asthma. In the end, great fun was had by all. Thanks to the Asthma Foundation and SA Rogaining Association for organising a fantastic event.

Why not get a team together from your school for our 2012 Rogaine! Contact Asthma Foundation SA on 08 8238 9300 for more information.

Going on an Excursion or School Camp?

Would your staff know what to do if a child had an asthma attack?

Asthma First Aid training for School and Preschool staff is supported by Department of Health and Ageing. This means that we can come out to your School or Preschool at a time that suits your staff for a free one hour Asthma First Aid training session.

Training should be updated at least every 3 years.

Why not be prepared and update staff training prior to your next camp or excursion?

For further information please contact
Robyn at Asthma Foundation SA:
300 South Rd, Hilton SA 5033
p 08 8238 9301   f 08 8238 9303   e robyn@asthmasa.org.au   w asthmasa.org.au

Supported by the Australian Government
National Asthma Week is 1-7 September 2011

Let’s All Get Talking about ASTHMA!

Some ideas could include: Putting an article in your newsletter, booking a free asthma education session for your staff, having a fundraising day or scheduling some asthma education for your students.


— Show “Asthma Can’t Stop Me — Brenda’s Story” (Primary) or “Running Short” (Secondary) DVD. Lesson plans can be downloaded from: http://asthmafriendlyschools.org.au/for_schools/program_resources/curriculum_teaching_resources.php

— Encourage students aged between 12 -25 years to complete our online survey http://www.surveymonkey.com/s/L6RT7BV

Awareness and education is the way to help children and adults with asthma lead full, active lives and to reduce the number of visits to emergency departments.

Contact Robyn on 8238 9301 if you would like a copy of teaching DVD’s for your school.

Giveaways for Students!

We have some excess stock of bubble pens, bubble rings and wrist bands to give away. If you would like some of these for your students, please contact Robyn on 8238 9301.

Asthma Training in schools and preschools across Australia

The take up of asthma training in Australian education facilities continues to grow, with 61.5% of schools and 26.5% of preschools with trained staff at 30 June 2011 (the provision of preschool training commenced in Nov 2009).

Our new training promotion trifold highlights issues and facts about students and asthma, also providing Asthma Friendly checklists for your facility and for you as a staff member.

Following a comprehensive review and update of the training package for schools and preschools, an online version of the package is now being built. This will be trialed early in term 3 and available soon after. Check the Asthma Australia website or contact your Asthma Foundation for details.

Is it asthma or the common cold?

Asthma

Common cold

| Symptoms may include dry irritating cough, wheeze, chest tightness and shortness of breath | Person may have a raised temperature and runny nose |
| Symptoms often recurrent or seasonal, often worse at night or in the early morning | Symptoms can occur at anytime of the year |
| Symptoms triggered by exercise, irritants, allergies or viral infections | Symptoms do not occur with exposure to known triggers or irritants |
| Symptoms are rapidly relieved by reliever medication | Symptoms not relieved by asthma reliever medication |
| Person may have obvious difficulty breathing | Person usually has no difficulty breathing or speaking |

For more information, speak with your doctor or contact Asthma Foundation SAs Breathe Better Information Line

1800 645 130
asthmasa.org.au

Supported by the Australian Government