

ASTHMA GUIDELINES HAVE CHANGED

Using just a blue puffer is not enough to manage your asthma.

The National Asthma Council's Australian Asthma Handbook now recommends anti-inflammatory reliever (AIR) only therapy and maintenance-and-reliever therapy (MART) for adults and adolescents (aged 12+).

Treat the inflammation, not just the symptoms.



Using 3 or more

reliever canisters per year increases the risk of asthma flare-ups



Using 12 or more

reliever canisters per year increases the risk of asthma-related death

Asthma is a chronic inflammatory condition and one of the most prevalent chronic diseases in Australia.

11% of people in Australia have asthma (2.8 million people).

47,200 people were hospitalised with asthma in 2023-24.

94% of patients do not use their inhaler device correctly.

478 deaths due to asthma in 2024
67% female, 33% male.

43% of asthma hospitalisations were for children and young people aged 0-14.

In 2024 asthma was a leading cause of total disease burden in children aged 5-14 years old.