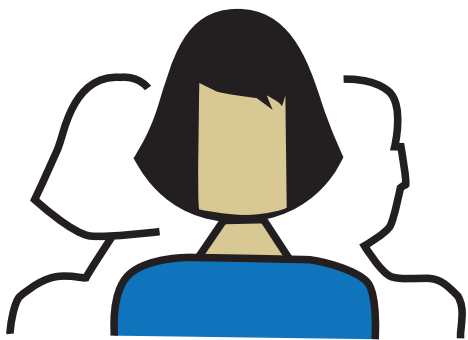


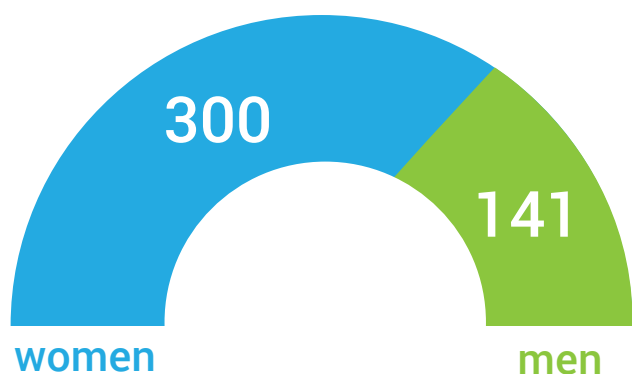
# DEATHS DUE TO **ASTHMA**



## Baby boomer women are most at risk of dying from asthma

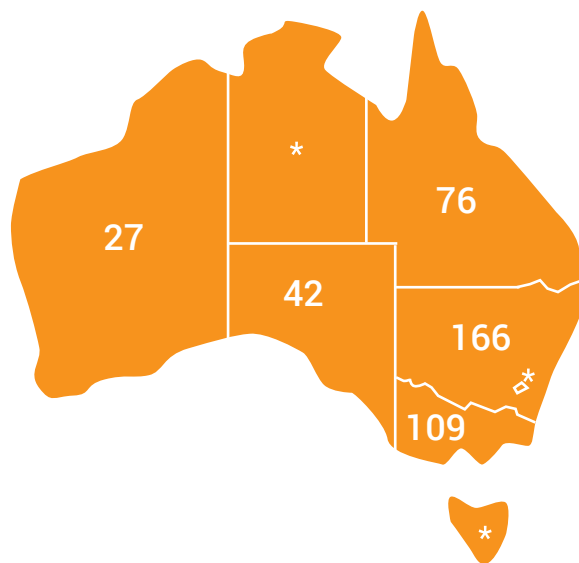
The risk is greatest for women aged between 55 and 64 years - this figure has doubled since 2016.

### 441 Asthma-related deaths in 2017



### Asthma affects all Australians

\*Total of 21 deaths for NT, ACT and Tasmania



### One in 10 Australians have asthma



Figures sourced from ABS report on asthma-related deaths in 2017

## Everyone should manage their asthma by taking the following actions:

- ✓ Don't ignore or dismiss breathing problems
- ✓ See your doctor for regular asthma check-ups
- ✓ Follow an up-to-date asthma action plan
- ✓ Ask your pharmacist to show you exactly how to use your inhaler correctly
- ✓ Tell your doctor and pharmacist about other medicines you are taking
- ✓ Get your flu shot in winter (it's free for people over 65)
- ✓ Quit smoking and avoid other people's tobacco smoke
- ✓ Ensure those close to you know what asthma first aid steps to take.