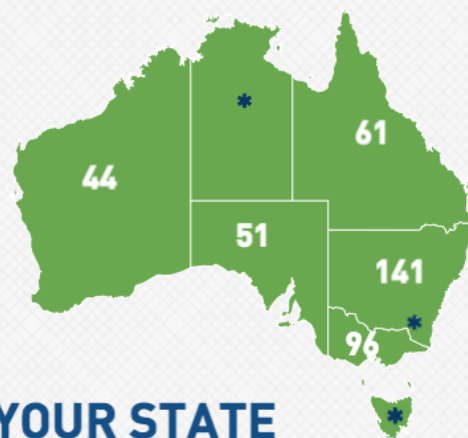


# DEATHS DUE TO ASTHMA

## Older women are most at risk of dying from asthma



Most deaths from asthma are in older people. Of people aged over 75 who die from asthma, almost 3 out of 4 are women.

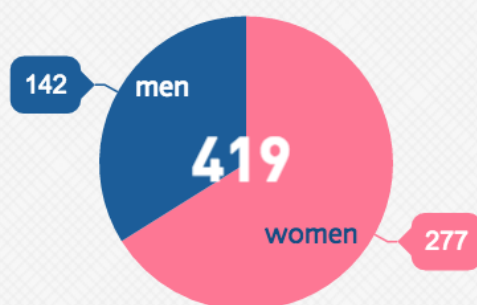


### YOUR STATE

Asthma affects all Australians, regardless of where you live.

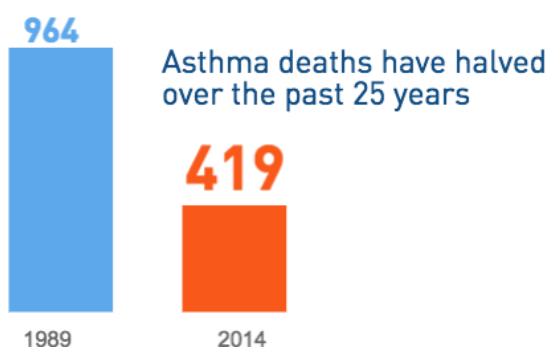
\* total of 26 deaths for NT, ACT and Tasmania

Asthma-related deaths in 2014



## CONTINUING THE ATTACK AGAINST ASTHMA

### MAKING PROGRESS



EDUCATION  
RESEARCH  
ADVICE  
MEDICINES

### TAKE ACTION

- ✓ 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 (it's free for people over 65)
- ✓ Quit smoking and avoid other people's tobacco smoke