

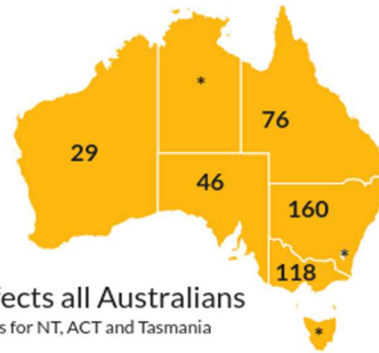
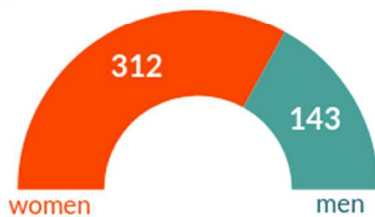
DEATHS DUE TO **ASTHMA**



Older women continue to be at higher risk of dying from asthma

Women aged 65 and over are nearly three times more likely to die from asthma than men of the same age group

455 Asthma-related deaths in 2016



Focus on **PREVENTION** and take quick action to reduce risk

Don't ignore your breathing problems

See your doctor for regular check-ups

Follow an up-to-date asthma action plan

Take your asthma treatment as prescribed



Ask your pharmacist to show you exactly how to use your inhaler correctly

Tell your doctor and pharmacist about other medications you are taking

Quit smoking and avoid other people's tobacco smoke

Use Asthma Buddy to better manage your asthma
www.asthmabuddy.org.au