

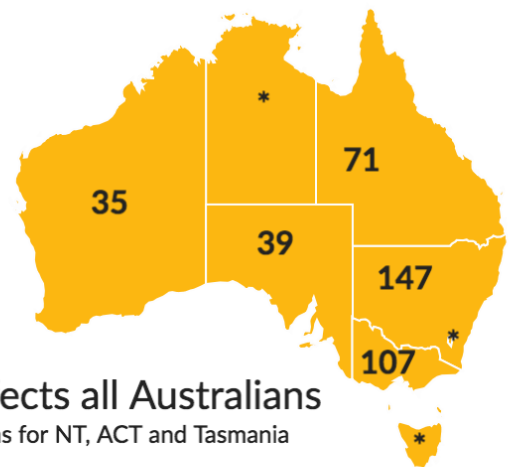
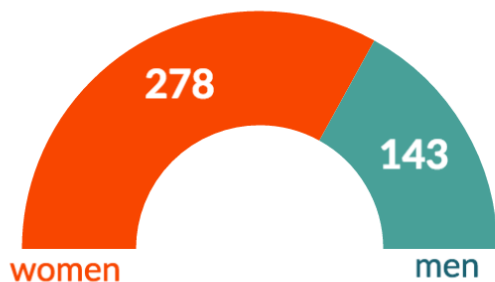
DEATHS DUE TO ASTHMA



Older women are most at risk of dying from asthma

More than half of all deaths were in women over 55 years with those over 75 at greatest risk

421 Asthma-related deaths in 2015



Asthma affects all Australians

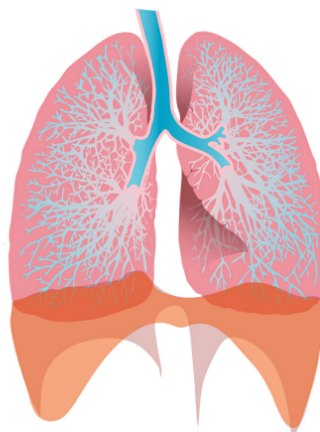
* total of 22 deaths for NT, ACT and Tasmania

Being BREATHLESS is not a natural part of getting older

Follow an up-to-date asthma action plan

Tell your doctor and pharmacist about other medicines you are taking

Quit smoking and avoid other people's smoke



See your doctor for regular asthma check-ups

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

Get your flu shot (it's free for people over 65)

Don't ignore or dismiss breathing problems