

Referral

You can be referred to the program by:

- Hospital Health professionals
- Your GP
- Respiratory specialist
- Self referral

The Asthma service is run by fully qualified staff who are aware of the impact of chronic airways disease on an individual's health.

Parents, relatives and/or carers are encouraged to attend.

Cost

A small \$10 fee may be charged for your appointment. *(No charge for DVA, Aboriginal or Torres Strait Islanders, Children under 18yrs)*

FOR MORE INFORMATION CONTACT:

RESPIRATORY NURSE - MICHELLE BLOHM

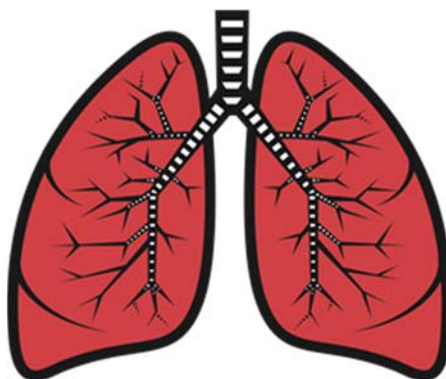
Department | Community Rehabilitation Centre

Address: 58 McCrae Street, Swan Hill

Phone: (03) 50339321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Asthma Service

What is Asthma?

Asthma is a long term (chronic) disease of the airways.

Although there is currently no cure, with the right knowledge and good management, most people with asthma can lead full and active lives.

The causes of asthma are not fully understood and researchers continue to investigate genetic and environmental factors.

People with asthma have sensitive airways that become inflamed when they are exposed to triggers.

SYMPTOMS:

Symptoms often vary from person to person, but they are most commonly:

- Shortness of breath
- Wheezing
- Tight feeling in the chest
- Continuing cough

A person's asthma symptoms can vary over time.

Sometimes people with asthma will have no symptoms, especially when their asthma is well-controlled.

You may have all of the symptoms, or only a few, and they may come and go.

Asthma Management

The main aims of asthma treatment are to:

- Keep symptoms under control
- Prevent flare-ups or 'attacks'
- Keep lungs as healthy as possible
- Stop asthma from interfering with school or work
- Help you or your child enjoy a full and active life

Everyone with asthma should have a written **Asthma Action Plan**.

With the right management, people with asthma can continue to live full and uninhibited lives.

How can the asthma service help?

When you understand how your asthma affects you, or someone you care for, then you can take control of your health.

Most of the time, asthma can be managed so you can breathe freely and live your life fully.

You will see our Respiratory Nurse who will provide you with:

- A comprehensive assessment
- Education and support with managing your condition
- Discussion regarding asthma triggers
- Inhaler/puffer and spacer use information
- A review of asthma first aid
- Spirometry testing if required

Spirometry test

A spirometry test, or lung function test, measures how well your lungs are working, and whether a condition (such as asthma) could be affecting your breathing.

Spirometry tests are not usually performed on children under six years old.