

WORLD ASTHMA DAY

5 MAY 2021



PLATINUM
HEALTH

Uncovering Asthma Misconceptions

World Asthma Day is organised by the Global Initiative for Asthma, (GINA) to raise awareness of asthma worldwide. With the COVID-19 pandemic in our midst, it's extremely important for asthma sufferers to know that they can get severely ill if infected with the virus. Although asthma cannot be cured, it can be managed to reduce and prevent asthma attacks.

This year's World Asthma Day theme is "Uncovering Asthma Misconceptions". The theme provides a call to action to address myths and misconceptions concerning asthma that prevent persons with asthma from enjoying optimal benefit from the major advances in the management of this condition.

Common misconceptions surrounding asthma include:

- Asthma is a childhood disease; individuals will grow out of it as they age.
- Asthma is infectious.
- Asthma sufferers should not exercise.
- Asthma can occur at any age (in children, adolescents, adults and elderly).
- Asthma is only controllable with high dose steroids.

The Truth is:

- Asthma is not infectious. However, viral respiratory infections (such as common cold and the flu) can cause asthma attacks. In children, asthma is frequently associated with allergy, but asthma which starts during adulthood is less often allergic.
- When asthma is well controlled, asthma subjects are able to exercise and even perform top sport.
- Asthma is most often controllable with low dose inhaled steroids

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because we care

