



Speaking from Experience Young People & Asthma

Transcript for chapter 8 of 8: Words of wisdom

Tamara – I guess the best advice that I've been given about my asthma, is that you're no different to anyone else. It's part of your life, but you don't have to let it be your life.

Ben – If someone is diagnosed with asthma, it's not the end of the world. You can still do everything. There's nothing that my friends can do that I can't do, physically. So, it's not the end of the world. Sometimes it won't benefit you toward sporting things. Things like getting into a team, you might struggle. But you can still do everything.

Katrina – When you're playing sport, you should keep your asthma puffer in your pocket and tell your teacher and your friends. You should also tell some parents, so they know what to do if you're having an asthma attack.

Ben – It's important to be prepared for the things you're going to do. So, if you do have an attack, something can be done.

Michelle – Act calm. Acknowledge that it is a situation that needs to be dealt with, but don't freak out. Don't start making comments that will make the person having the asthma attack more nervous.

Emily – If I do have an asthma attack and people are fussing over me, and are more aware, it does get me nervous, because it makes me realise about the situation. So, I'm thinking about it more and I'm not calming myself down. So, I do get more tightness in the chest and I feel like I can't breathe and they're still fussing over me.

Tamara – I find that, if I've got any of the asthma symptoms, I find it really frustrating when people try to encourage you to keep going. I mean, I know it's really good to encourage, but to push is another thing, and there's a fine line between the two. I think it's fine to encourage, but to push the one person, when they might be doing the best they can already, can be really annoying. That might be teachers saying, "Come on, come on, come on." You might be doing the best you can. Even though you may not be up to the level that everyone else is. They should only push you to the level that you can get to, and if that's all you can do, that's all you can do.

Emily – At school, they can reduce some triggers, like dust. And if I can't participate in things like physical education, they understand that and they don't pressure me.

Michelle – It can be managed and it's not going to change anything. If you do what your doctor tells you or if you do what your parents tell you to do, then it will all be okay. It's not something that should change your life.

Emily – They are not alone. There are other people out there, like parents and friends, and they will help you to deal with it.

Tamara – Know your limits, know your body and keep going. Don't let it stop you from doing anything.



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