



Asthma Myths

Many parents are confused by the amount of conflicting asthma advice given to them. Sadly, many asthma myths have become school-gate folklore. Here are some common ones:

Myth 1: Asthma is only present during an attack

Incorrect. Asthma is a long-term disease that requires ongoing treatment. Asthma is a permanent sensitivity in the lungs. Tiny airways can narrow or become inflamed due to certain triggers - an asthma attack is an extreme example of this inflammation.

Myth 2: Children with asthma should avoid exercise

Incorrect. With careful management and an understanding of your child's triggers, they can participate happily in all sports.

Myth 3: Children with asthma can't own pets

Incorrect. Again, with careful management and an understanding of your child's triggers, your child can enjoy the company of any family pet - dogs, cats, rabbits and horses.

Myth 3: Asthma is phase that children grow out of

Incorrect. While many children do experience reduced numbers of attacks as they grow older, it is a lifelong lung disease which needs to be continuously managed.

Myth 5: Asthma management is repetitive and tedious

Incorrect. While asthma management is a serious commitment, it can also be an opportunity to add a little fun into your parenting. Asthma Peeps stickers, videos and resources for sharing can open up opportunities for you and your child to smile together.

We guarantee most people are going to hear these myths (and more) from well-meaning friends and family members.

A parent's ability to sort fact from fiction is critical. Remember, it's your family and your management plan.

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