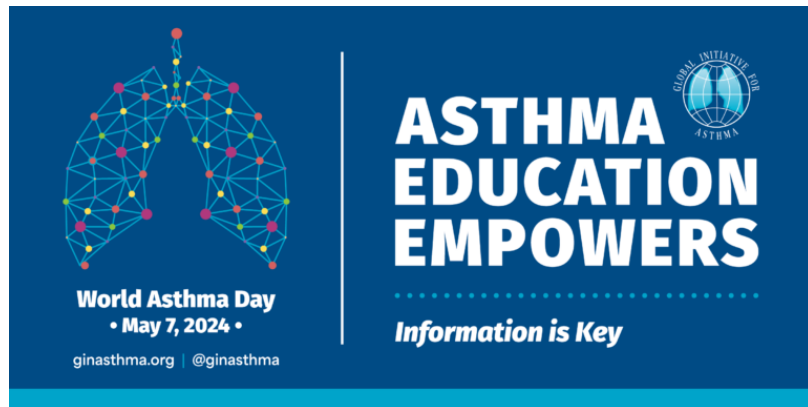


World Asthma Day 7th May 2024



Asthma is one of the most common chronic non-communicable diseases that affects over 260 million people and is responsible for over 450,000 deaths each year worldwide, most of which are preventable.

In 2024, the theme of **World Asthma Day** is 'Uncovering Asthma Misconceptions'. The idea behind this is to provide a call to action to address common myths and misconceptions about asthma. These misconceptions are often detrimental and don't help to raise asthma awareness. They also prevent people with asthma from enjoying the benefits from the major advances in the management of this condition.

Here are some common myths and misconceptions surrounding asthma:

- asthma is infectious
- everyone grows out of their childhood asthma
- asthma is only controllable with high dose steroids
- people with asthma shouldn't exercise

Support Organisations and Information:

<https://www.asthmaandlung.org.uk/> UK Charity for everything about Asthma and Lung conditions.

<https://www.allergyuk.org/types-of-allergies/asthma-respiratory/> Information about asthma and allergies, how to manage symptoms of both and how to avoid triggers.

<https://www.what0-18.nhs.uk/professionals/paramedics/safety-netting-documents-parents/asthma-action-plan> Advice for children and young people over 2 years of age

<https://www.asthmaandlung.org.uk/conditions/asthma/child/manage/action-plan> Information on why asthma action plans are important and how to create one with a health professional.