



## Speaking from Experience Asthma in Adults

### Transcript for chapter 12 of 12: Closing thoughts

**De:** If you have adult onset asthma, do not immediately assume that your life is about to be cut short in a very unpleasant way. If you have good management, and a doctor in whom you have good faith, then that need not necessarily be the case at all.

**Glenda:** Find yourself a doctor, and/or a specialist, to whom you can talk, with whom you feel knows what's happening, and that you can discuss it with him or her. Follow what the doctor says and then join Asthma Victoria and find out as much as you can about it so that you know what you're dealing with. Then perhaps join a support group or talk to other people who have it.

**Arthur:** The main thing is, first of all, to recognise the severity of your asthma. Look for your trigger factors and try to avoid them. Exercise as much as you're able to.

**Glenda:** I can control the asthma, I know I can. You always have to be aware of it. You have to be aware of the situation of how it's getting bad, without thinking about it. You have to be aware of the danger signals and take action early enough - get yourself to a doctor or a hospital or whatever, and deal with it. But there's no need nowadays, I don't think, for asthma to stop people from doing what they want to be doing.

**John:** I'm going to the doctor. He has just told me that I've got asthma. I come out and I'm never going to play footy, I'm never going to go fishing, I'm never going to make love again, because I've heard all of those stories of asthmatics who have made love and have died on the job - all of which are totally apocryphal... I think! I would just say to them, listen to what the doctor is saying - it's not going to stop your life.

**Margaret and Michael:** If you are feeling well, the preventers are important to get you through whatever period it is. And they're the reason why you're feeling well. And I think if you do that then the impact on your life and lifestyle should be minimal.

**John:** In fact, it might actually improve your life. You might actually walk around in a state where, because you have to do something to ensure your own health, you just might take more care about yourself. You just might... instead of driving everywhere in a big rush, you might think, "The walk will do me good, actually. Just for the asthma." You know, so you go for a walk along the beachfront.

**Leisl:** Just work with their doctor, live their life, and have their preventatives. Don't worry too much - it's hopefully not going to change your life too much. I mean, my case is a pretty unusual case.

**Margaret and Michael:** Just make sure that you're seeing somebody who you're quite comfortable with and who you believe will give you the right directions, the right sorts of medications. And just be sure that the medications that they give you are suited to you, that you're not getting any side-effects from them that are immediate, and that you take them and



have them with you. Have people around you also understand what to do if anything was to happen.

**Leisl:** You can live round it, be positive, and get on with life. And I think that now things are on a roll, get on with things while you can and enjoy what you've got.