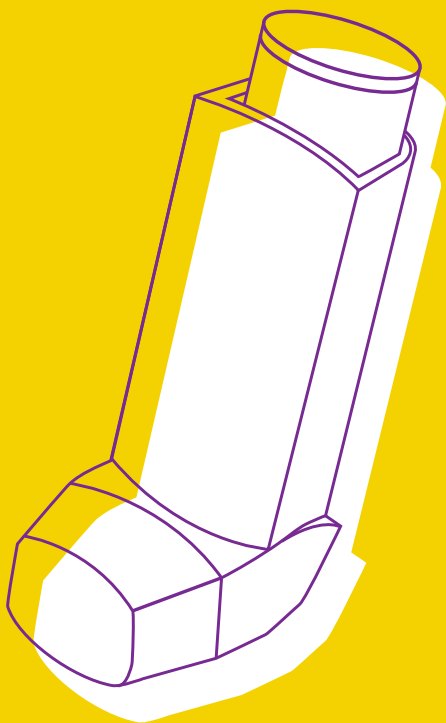


**Who
cares
about
asthma?**



We do.

We are here to support you
or someone you care about
who has asthma.

If you or someone you care about is affected by asthma you are not alone – we are here to help.

- Have you, your child or another family member recently been diagnosed with asthma?
- Do you feel overwhelmed and want a better understanding of asthma, its triggers and how to prevent an asthma attack?
- Does asthma affect your everyday life unnecessarily?

If any of these questions ring true with you then take control today by ordering our free asthma information by completing the form opposite.

Asthma UK is the charity dedicated to improving the lives of people with asthma and their carers across the UK.

Our services include:

- **Providing free information to help reduce the effect of asthma on people's lives.**
- **Funding vital research to understand more about asthma and stop it developing in the first place.**
- **Offering a range of practical and simple advice to help you better manage asthma.**

Asthma UK website

Read the latest independent advice and news on asthma
asthma.org.uk

Asthma UK Adviceline

Talk about your or a loved ones asthma in confidence with an asthma nurse specialist who has the time to listen

0800 121 62 44

asthma.org.uk/adviceline

For your free asthma information complete and return this form. Alternatively, to discuss the best booklet for you call our Supporter & Information Team on 0800 121 62 55. Please feel free to call us for further information and to find out other ways we can help.



Asthma & Me

For adults who have been newly diagnosed with asthma. Information on what is asthma, medicines, triggers and what to do in an asthma attack.



Asthma & My Child

For parents/carers of a child newly diagnosed with asthma. Information on what is asthma, medicines, triggers and what to do in an asthma attack.



Asthma in the Under Fives

For all parents/carers of children under five with asthma. It answers questions such as: How will asthma affect my child on a day-to-day basis? What are the difficulties with diagnosis? Is there a cure?



Take Control of your Asthma

For people who already have a basic understanding of their asthma. Provides information on medicines and treatments, as well as practical advice on identifying and avoiding triggers.

Name

Address

Telephone*

Email*

* At Asthma UK we like to keep our supporters updated about our work and opportunities to support us. By providing this information you are consenting to be contacted in this way.

Where did you pick up this leaflet?

GP surgery Given by family/friend

If GP surgery please provide name and postcode:

No stamp is
required, but
using one may
save Asthma
UK money

Asthma UK
FREEPOST RLUR-HJUK-JCEE
Summit House
70 Wilson Street
London EC2A 2DB