



## What is Beat Asthma?

Asthma is common – about 1 in 10 children and Young People in the UK suffer from it.

A lot of people with asthma have mild disease and their symptoms may not interfere with their lives at all. As a result, a lot of people don't worry about asthma or don't take symptoms too seriously.

But not all asthma is mild, and even mild asthma that is not properly treated can impact on quality of life, stopping people doing the things they want to do.

And, although asthma is generally mild, occasionally it can be life threatening. Even people who thought they only had mild asthma can have life threatening attacks. This is usually because they didn't know how to recognise when things were getting worse, or didn't know what to do to even if they did recognise it.

Sadly, every year approximately 20-30 children and young people in the UK die from their asthma. We know that educating families, young people, schools and health professional about asthma, how to recognise when things are starting to go wrong and how to do the simple steps in asthma treatment correctly, it can make a real difference, and may even save lives.

**BeatAsthma** has been created to address this.

We are a diverse group of people from health professionals to parents to asthma sufferers themselves who believe passionately about improving awareness and knowledge about children's asthma.

On this site, you will find all the information you need to fully understand and manage asthma, whether you are a parent of a child with asthma, a young adult with asthma yourself, a teacher or a health professional.

By working together, standardising care and empowering all who deal with asthma to take control, we can change the lives of children with asthma.