



'Why is asthma serious?'

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

If asthma is mild, the symptoms may not interfere with daily life and, particularly if people take their asthma medications correctly, they can have no symptoms 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 a child's quality of life, stopping them doing the things they want to do such as playing football or dancing.

If asthma is left untreated then some of the narrowing of the airways (the tubes that carry air to the lungs) that occurs can become fixed and permanent. This is especially a worry in children as it can prevent their lungs growing normally and leave them with problems in adult life.

And, although asthma is generally mild, occasionally it can be life threatening. Even children 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. Educating families and young people to know more about asthma and how to recognise when things are starting to go wrong could have made a difference to these children.

BeatAsthma has been created to address this.

On this site, you will find all the information you and your child need to fully understand asthma, know how to recognise important symptoms and know how their treatment should be so you can get the best possible control of their asthma. There is also advice for how to look after your child's asthma in school and your rights if your child has asthma.