



National Asthma Awareness Week

(1st - 7th September)



Asthma is the most widespread chronic health problem in Australia. About one in nine people in Australia has asthma, and it affects people of all ages. Asthma cannot be cured, but for most people it can be controlled by following a daily management plan.

The causes of asthma are not fully understood, although people with asthma often have a family history of asthma, eczema and hay fever. Research has also shown that exposure to tobacco smoke (especially as a baby or young child); obesity and some workplace chemicals can increase the risk of developing asthma.

Symptoms

A person's asthma symptoms can vary over time; sometimes they will not have any symptoms, especially when their asthma is controlled. Symptoms often vary from person to person, but they can include:

- ▶ breathlessness
- ▶ wheezing
- ▶ tight feeling in the chest
- ▶ coughing

Symptoms often occur or are worse at night, early in the morning or during/ just after activity. People experiencing asthma like symptoms for the first time should visit their doctor for advice and if appropriate develop an asthma management plan.

Causes

The triggers for asthma symptoms vary for different people. Some common triggers are:

- ▶ allergy triggers such as house dust mites, pollens, pets and mold
- ▶ cigarette smoke
- ▶ viral infections – for example, colds and flu
- ▶ cold air or changes in the weather
- ▶ work-related triggers – for example, wood dust, chemicals, metal salts
- ▶ some medications

Treatment

Asthma can be controlled with the appropriate medication in almost all people. For good asthma management, it is important that you:

- ▶ See your doctor for regular check-ups and work together to manage your asthma.
- ▶ Understand what triggers your asthma and try to avoid or reduce your exposure to these triggers.
- ▶ Use your medications as instructed by your doctor, even when you feel well.
- ▶ Make sure you are using your inhaler (puffer) correctly.

For more information and to find out how to make improvements, contact 1800 ASTHMA Helpline (1800 278 462) or go to www.asthmaaustralia.org.au.

How to ask R U OK?

Suicide has rapidly become one of Australia's biggest killers. Suicide is the leading cause of death of Australians in the 15 – 44 year age bracket.

R U OK Day falls in September, and is a timely reminder for us all to reach out, connect and provide support to friends, workmates or loved ones who are struggling. R U OK Day is not just about asking a question, it is about being prepared to listen to the answer and being able to respond appropriately and safely.

Starting a conversation is not always easy and how do you know if someone needs support? Look out for changes in their physical appearance (do they look tired or flat, is there a pattern of illness), changes to their mood (are they more irritable, snappy, angry or anxious), changes to their behavior (are they more withdrawn or distracted) and changes in how their thoughts are expressed (do they seem negative or irrational).

It is also important to decide whether you are ready to start a meaningful conversation. To do this, ask yourself:

1. Am I ready?
2. Am I prepared?
3. Have I picked the right moment?

If you are not comfortable having a conversation, or you do not think you are the right person, try to think of someone else in their support network who could talk to them.

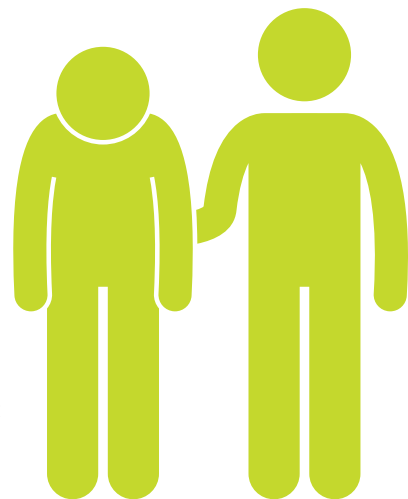
How to start a conversation

1. Ask R U OK?
2. Listen without judgment
3. Encourage action
4. Check-in

For more information on starting a conversation go to www.ruok.org.au.

Some conversations are too big for family, friends or colleagues to take on alone. If someone's been really low for more than 2 weeks, or is at risk, please contact a professional as soon as you can.

If you want more information on how to support your workers, please contact the LGIS HR Risk Management team on (08) 9488 8888.



Salmon and lentil nicoise salad

Serves 4

- ▶ 400g canned green lentils, rinsed and drained
- ▶ 3 small sweet potato (250g) cut into round slices
- ▶ 4 x 100g salmon, skin on
- ▶ 4 eggs
- ▶ 200g green beans, trimmed
- ▶ 1 small radicchio leaves, separated

Dressing

- ▶ ¼ cup extra virgin olive oil
- ▶ 2 tbsps finely chopped Kalamata olives
- ▶ 2 tbsps finely chopped red onions
- ▶ 1½ tbsps red wine vinegar
- ▶ 2 tsp wholegrain mustard
- ▶ 2 tsp pure maple syrup

Method:

Preheat oven to 200 degrees C

Line an oven tray with baking paper. Place sweet potato in a single layer over two-thirds of the oven tray, spray with oil and season. Bake for 10 minutes.

Add salmon to the tray, spray with oil, season and bake for a further 7 minutes, or until salmon and sweet potato are cooked through.

Place eggs in a medium saucepan with enough cold water to cover, bring to boil and then reduce the heat and simmer uncovered for 4 minutes. Add beans for the final minute of cooking.

Drain, refresh the eggs and beans under cold water, peel eggs and halve.

To make the dressing, place all ingredients in a screw top jar and shake well. Season to taste.

To serve, divide lentils and radicchio among serving plates. Drizzle with half the dressing. Top with beans, sweet potato, salmon and eggs. Drizzle with remaining dressing.



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Contact Renee on 9483 8888 for more information regarding these programs.