

Take care of your asthma to take care of your baby.



You're more than likely to have a healthy pregnancy if your asthma is well controlled.

Some possible risks when asthma is not well controlled include:

Increased risks to mum



- 1 in 2 have asthma attacks requiring medical help
- Gestational diabetes mellitus
- Pre-eclampsia

Increased risks to baby



- Preterm birth
- Newborn hospitalisation
- Low birth weight
- Later development of asthma in the child



Visit asthmapregnancytoolkit.org.au and breathe well for your baby.

How do you know that your asthma is well-controlled?

- You're able to do all your usual activities.
- You don't wake up at night with asthma symptoms.
- If you have asthma symptoms, they occur no more than 2 days per week.
- You don't need to use your reliever medication more than 2 days per week.

During pregnancy, you might be wondering:

- Will pregnancy affect my asthma symptoms?
- Is asthma medication safe to take during pregnancy and breastfeeding?
- What should I do if my asthma gets worse when I'm pregnant?
- What can I do to avoid flare-ups or attacks during pregnancy?
- When should I see a doctor and what questions should I be asking?
- Why do I need a written asthma action plan?

These are just some of the frequently asked questions answered on the website.

So, make you sure you explore the Asthma in Pregnancy Toolkit. It's loaded with resources, fact sheets and information to help you make the best of this special time.



Visit asthmapregnancytoolkit.org.au and breathe well for your baby.



Visit asthma.org.au/treatment-diagnosis/asthma-first-aid/ for Asthma First Aid information.



**ASTHMA
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