



## Speaking from Experience Asthma in Adults

### Transcript for chapter 10 of 12: Obtaining information and support

**Margaret and Michael:** I relied very heavily on our family doctor, our local family doctor, for quite a long period of time. The time I spent in hospital, different doctors spoke to me there, and I was given lots of leaflets and videos to watch and bits and pieces. But it probably wasn't until I was in my early twenties that a friend had suggested that I needed to see an actual respiratory physician and gave me the name of one that I set about really investigating it properly. And he has probably been my main source of information and has kept a pretty close eye on me right along.

**Margaret and Michael:** You see him regularly don't you? Probably every six months?

**Margaret and Michael:** Yeah, every three to six months, depending on whether I've been in hospital or not.

**John:** I think that today people are more aware of what is happening, because there is more information out there. I mean, if your child has got asthma, the doctors tend to have more information and they tend to pass it on to the parents who pass it on to the kids. So, it all goes round.

**Glenda:** I think it's so important that people like Asthma Victoria are there, so that people can find out. Because if you can find out, then you can just cope with it better. I feel that the more you know about it, the better you cope. It's the 'not knowing' that, I think, causes the fear.

**Arthur:** Being on the local committee, the Goulburn Valley Asthma Branch, I'd had a fair bit of inside knowledge about the complaint and medications. So at that point, it didn't worry me to any great extent at all.

**Glenda:** We keep in contact with them, and they send out from their magazines news about new treatment. Other things - you get a lot from talking to other mothers, other parents, other adults, whoever... who have asthma. There's a few books around.

**John:** Came through the media. I mean, I'd had no idea that, one, there were so many asthmatics - it's great, there's so many people around.

**Margaret and Michael:** It's a shared thing, and like anybody, when someone's sick it creates a lot of pressures. Certainly, we've learned that you do take a step back and take it a bit easy. Sometimes Marg is guilty of pushing herself a bit too hard as it is, and I've got to step back and say, "Marg, you've got to stay in bed! No, you're not going shopping. You're not going out today, or you're not going to work. You've got to take it a bit easy." Because if you don't, you're only going to make the situation worse.

**Leisl:** I found that you're positive and I've still got a lot of good friends. And I've done some support groups and met some wonderful people and had a bit to do with the Asthma Foundation over the years.



**Margaret and Michael:** At times though, Marg will feel as though, "No, it's not fair. I can't put that kind of pressure on you." So, you've got to really insist, like with any sickness if someone is sick, that you've got to recuperate, and if you don't it will only get worse.