



## Speaking from Experience Young People & Asthma

### Transcript for chapter 1 of 8: Symptoms and diagnosis

**Tamara, 21** – When I was diagnosed with asthma, I was about 11 years old, around about then. It was actually when I was playing a game of netball that it became apparent that there was something wrong. So, I headed to the doctors and sure enough I was diagnosed with asthma not long afterwards. I was put on the pump and everything, which was really a frightening experience. I knew that people have asthma, but they're usually diagnosed when they're really young, and I was a bit older than the average age of when people are usually diagnosed. So, it was really unusual for me to try to get used to the idea that I now had asthma.

**Emily, 15** – I was six months old, and at night time I used to cough so much that I would vomit. So, mum and dad would take me to the doctors in the daytime, but they couldn't see because I was a nocturnal asthmatic. They finally realised that I had asthma.

**Zeke, 12** – When I was diagnosed with asthma, I think I was a baby.

**Ben, 18** – I was in hospital a lot when I was young, because I had a lot of allergies. I was allergic to dairy products and egg. Overall, I wasn't in hospital much for asthma, until probably about 6 or 7 years old, and then I started going in a lot for asthma. Then it died off, but I've been in lately because I've been getting a bit of asthma.

**Michelle, 15** - I was diagnosed when I was three. My mum took me to the doctor, because she couldn't stop my wheezing or anything. But, they expected it because my dad also had asthma as a child, although, his wasn't that severe. So, we have had a family history of it. I also think my grandmother had it as well.

**Emily** – Besides me, my grandpa was an asthmatic when he was younger, and also my brothers have had several attacks.

**Katrina, 11** – My cousin is the only one who has asthma, other than me. He's the only one that I know has asthma, and me.

**Ben** – No one else in my family has asthma, just me.

**Michelle** – I was always struggling to breathe. My mum would notice that I was wheezing and really tired, and I was just really struggling and not looking very healthy at all. So, she took me to the doctor's and he said to just put me to bed and that it didn't look that bad, but she didn't trust him. So, she took me to the hospital, because she thought it was something worse than that, and it was.

**Emily** – When I'm having an asthma attack, my first sign is that I get a tight chest. Then I can feel my airways closing and my throat starts to get a little itchy.

**Katrina** – It just feels like I'm out of breath... and that's mostly just about it.



**Ben** – My chest gets really tight and it gets really hard to breathe and my airways feel like they're blocked.

**Tamara** - I remember feeling quite tight in the chest and having that wheezing noise when I was breathing. Originally, it was a bit of a funny thing that I had this extra noise when I was breathing. It continued along and after every netball game it would happen. It was a bit unusual. Sometimes it was worse than others. If I had a cold or something it would be even more apparent and everyone could hear it and it wasn't just me who could hear it inside me. They were the obvious symptoms besides me being breathless and after a netball game, being breathless. I think I was probably more breathless than I had been in the past, or than my friends were. I could never be the centre, because I would never have the steam and the puff to do it, so I was always the defence. They were other little things that I hadn't picked up prior to that. They were small things that, when you look back, you realise that they were there, you just didn't see them.