



Speaking from Experience Asthma in Childhood

Transcript for chapter 6 of 12: Exercise

Vladamier (has a son with asthma): Bottom line was, improve your lungs, or die – or live very uncomfortably for the rest of your life. So, we encouraged him in the sports area, with football, cricket, all those sorts of things.

Marilyn (has three sons with asthma): I think exercise has helped their general fitness. And, certainly being fit, contributes to their asthma and how they cope with it. It's very hard to quantify if exercise has played a major part of it. Initially, when they did swimming through the Asthma Foundation, I felt they had improved.

Vladamier: He focussed in on kayaking, and was extremely successful at it. He was lucky. He found something that he liked and he did well. I guess asthma had a lot to do with that, in that it was one of the things that was helping him, physically. You could see it was a double benefit for him – he enjoyed it and it was good for him.

Jemma (has asthma): In one way it's pretty cool because, in sport, you know it's gonna stop you from doing things, so you always out in 110%.

Vladamier: He was captain of the kayaking team. He represented Australia in New Zealand, and also in Europe.

Lavinia & Geoff (have two daughters with asthma): She's put her mind to what she wants to do, and she hasn't let the asthma slow her down in any way. I think we might have slowed her down in some of the sports and stuff. And as far as Jemma is concerned, as long as it's managed properly and she knows her limits. Like she said before, she will try that extra bit harder because she knows she's got asthma – just to prove everybody else wrong.

Lavinia & Geoff: She get's that little determination streak in her, that stubbornness.

Lavinia & Geoff: It's never stopped her from doing anything. And we never stop her from doing anything.

Jemma: Sometimes my asthma affects my dancing, but I know I can pull out of class and take my ventolin, or whatever I need to take. A few minutes later, I'll be alright and I'll go back to dancing.

Matthew (has asthma): I can't do long-distance running, I get really bad asthma. I can do sprints and all that, but long-distance, I need to take my medicine 5 times, or something. Until I'm ok.

Susan (has three children with asthma): My son learnt that he can't go through the whole soccer training session, unless he takes his medication beforehand. So, that has been a big impetus for him to control his asthma. Which has been really good. They have, however, been able to cope with the snow and skiing, and Madeline particularly loves snowboarding. So, that hasn't been a problem for her. She knows to take her medication beforehand.



Paul, Vicky and Michelle (who has asthma): She used to have asthma attacks at ballet, on occasions. I remember, there were many times that she just couldn't run around with the other children. Walking to school to pick up her elder sister, when she was in kinder, you had to have the ventolin on the way. But, since being on her current preventative medication, she can essentially do what everyone else of her age does.

Lavinia & Geoff: If she's unwell, sometimes if she's been swimming in the squad swimming and she's been unwell, she will have to miss out occasionally. Because, really, it's just not feasible that she swims in that condition. It's just not sensible.

Susan: Exercise was a dilemma, but I didn't exercise at all as a child, with my asthma. And I've grown up to be a very unfit adult. They are the opposite. They've actually managed it with the appropriate medication.