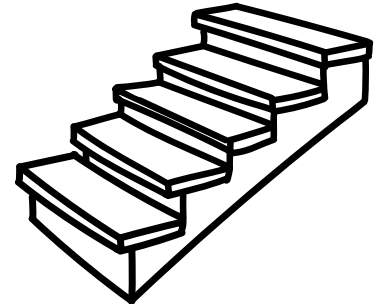


Let's talk about Breathlessness



Have you noticed you've stopped taking the stairs, or doing the gardening because you become short of breath?

People describe breathlessness as being puffed out, short of breath or winded. It can be uncomfortable and can cause rapid or difficult breathing.¹ Get up to speed on what to do if you or loved ones are feeling short of breath and avoid common barriers that delay people getting the care they need.



Over three quarters of Aussies surveyed (78%) responded that they would stop or pause an activity if it made them short of breath.² Close to 1 in 3 (31%) would avoid walking up stairs and 2 in 5 (40%) would avoid doing exercise.²

Fact check: If shortness of breath is stopping you living your normal life, don't kid yourself, there may be a serious underlying medical condition.¹ Book an appointment with your GP today and they can help you get your breath back and enjoy life again.

While two thirds of people (68%) recognised breathlessness could be caused by an underlying medical condition, they weren't sure on the likelihood of it being serious.² Only 1 in 6 (16%) think it highly likely to be a sign of a serious medical condition.²

Fact check: Unexplained breathlessness can be a sign of several serious diseases, including a rare condition called pulmonary arterial hypertension or PAH.³ It is important to seek medical advice if you experience periods of breathlessness.

1 in 3 (36%) Aussies said they would want friends or family members to go and see a doctor straight away if they experienced shortness of breath.² Yet close to half (48%) wait until they were short of breath several times a week before booking their own appointment with a GP.²

Fact check: Don't wait! Your GP can refer you for a cardiac echo which is a quick and non-invasive method of screening for many heart conditions.⁴ Over 900,000 Australians are screened annually.⁵

Book an appointment with your GP today if you notice you have unexplained breathlessness.

If the breathlessness is accompanied by dizziness, tightness, and chest pain, immediately dial 000 for an ambulance.⁶

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¹Patient.info. Breathlessness and Difficulty Breathing. Available at: <https://patient.info/signs-symptoms/breathlessness-and-breathing-difficulties-dyspnoea> Accessed February 2022.

²Data on file, market research report (2022) * Exact percentage was 77.7% for Q6, 30.8% and 40.4% for Q7 when multiple choices were available, 67.7% for Q8, 16.2% for Q9, 36.5% for Q12 and 48.5% for Q11.

³Health Direct. Pulmonary Hypertension. Available at: <https://www.healthdirect.gov.au/pulmonary-hypertension> Accessed February 2022

⁴Carew, A et al Pulmonary hypertension - when to suspect and refer *Medicine Today* 2020; 21(2):12.17

⁵National Echo Database Australia. Available at: <https://www.neda.net.au/> Accessed February 2022

⁶Heart Foundation. Heart Attack Warning Signs Action Plan. Available at: https://www.heartfoundation.org.au/getmedia/0b0d3d10-c464-4227-bd7b-59264f57c6eb/Heart_Attack_Action_Plan.pdf Accessed April 2022