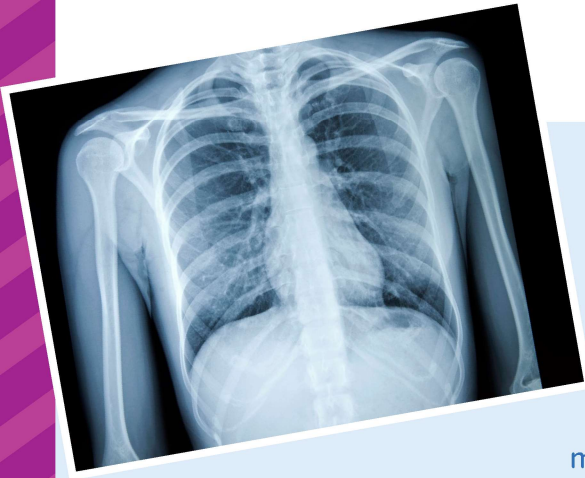


READ ABOUT IT!



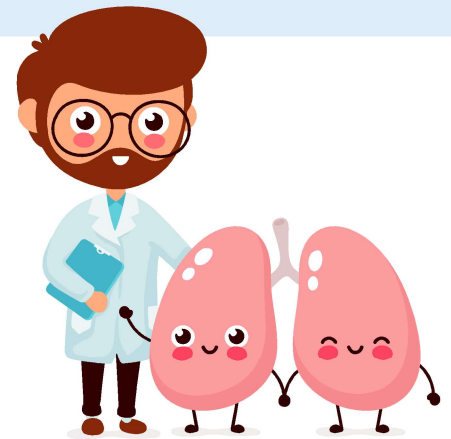
The lungs are one of the largest organs in your body and allows you to breathe.

Your lungs have about 600 million tiny balloon-like parts called alveoli. Alveoli move oxygen into your blood and carbon dioxide out. Lungs can be affected by diseases including asthma and cystic fibrosis.

Our superhero researchers at Telethon Kids are learning more about these diseases and how best to treat them.

Feel the power of your lungs!

You might not be able to see your lungs but it's easy to feel them in action. Put your hands on your chest and breathe in very deeply. You'll feel your chest getting slightly bigger. Now breathe out the air and feel your chest return to its regular size. You've just felt the power of your lungs!



Asthma is a chronic lung disease which makes it hard to breathe properly. The airways tighten, fill with mucus, and get narrow. Asthma gives you a tight chest, wheeze, shortness of breath and maybe a cough. Asthma attacks can be triggered by allergens or by having a cold or flu.

Our superhero researchers are trying to work out why some people get asthma so we can stop it.

DID YOU KNOW? 1 in 9 Aussie kids have asthma.



Learn about how allergens in the air can affect your lungs in the next comic strip!



Did you know that 1 in 5 people will have some sort of allergy during their life?

Allergies happen when our immune system reacts to something that might not bother others.

There are lots of different things in the environment that can cause allergies.

These can include: animal hair, mould, dust mites, and pollen from plants and flowers.

If we have allergies and breathe these things in, our bodies can have an allergic reaction.

Hi, I'm Polly the Pollen! I've been flying through the air and now I'm inside someone's nose.

Looks like I'm going on an adventure...

When pollen enters the body, it can make your eyes watery, nose runny and throat swell up.

Pollen can also make its way down your windpipe and into your lungs.

If pollen gets into your lungs and you have allergies, they will react by making mucus.

Which can make it hard to breathe.

People with allergies can take allergy medicine to stop itchy eyes and runny nose.

If you have asthma, you might need to take your puffer.

Using medicine such as a puffer can stop this reaction and help people with asthma breathe properly.

It's important for you to carry any medicine you need with you at all times.

Our researchers are trying to find out why some people get allergies and others don't so we can stop allergies.

TAKE THE QUIZ!



1. True or False?

1 in 5 people will have some sort of allergy during their life.

2. What are some examples of allergens in our environment?

- a. Cats and dogs
- b. Pollen from plants and flowers
- c. Dust mites
- d. All of the above

3. What are some of the symptoms of an asthma attack?

- a. Runny nose
- b. Tight chest and shortness of breath
- c. Sore arm and leg
- d. Headache

4. What does a puffer do for people with asthma?

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5. Why is it difficult for a person to breathe during an asthma attack?

- a. Because the lungs fill with air
- b. Because the lungs fill with water
- c. Because the lungs fill with mucus
- d. Because the lungs fill with jelly

6. What do the alveoli do?

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1. True 2. D 3. B 4. They stop the allergic reaction and help people with asthma breathe properly. 5. C 6. Alveoli move oxygen into your blood and carbon dioxide out.

ANSWERS: