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Asthma Foundation of SA welcomes Brenton Ragless as Media Ambassador

The Asthma Foundation of SA is pleased to announce the appointment of Channel 9 personality Brenton Ragless as its Media Ambassador.

Brenton currently presents the weather weeknights on Channel 9 News Adelaide at 6pm, where he also announces the Asthma Foundation of SA's Daily Pollen Count.



Brenton says of his appointment, "I am honoured to team with the Asthma Foundation of SA to support their Mission, promote their safety messages and generate awareness on how the 20,000 or more breaths each of us take every day need not be compromised."

Brenton knows what it's like to struggle for breath. "I come from a background of competitive swimming which has helped me appreciate the importance of comfortable and controlled breathing. However, on a number of occasions, I found myself desperately gasping for a burst of fresh air – it's a frightening place not knowing when your next breath will come."

"While I'm not a full-time asthma sufferer, I have periodically had breathing difficulties since I was a kid to which doctors have prescribed me asthma medication that I still use today."

"The Asthma Foundation performs a vital role in South Australia offering support and direction to sufferers on how they can better manage their asthma so they can be confident in their day-to-day activities. For most people, this support means their lifestyle is liberated, not limited."

"In my role as a weather presenter, together with my CFS background in providing commentary and warnings on fires and other natural disasters, I have a greater appreciation for both the good and bad circumstances brought about by our weather."

"While I marvel at the force of nature, I have empathy for those whose lives are affected by it. When the weather goes wild, particularly when it's dry, this can radically impact and threaten the lives of people with asthma."

Asthma is one of Australia's most widespread chronic health problems, affecting over 2 million Australians, including 1 in 9 children and 1 in 10 adults.

The Asthma Foundation of SA's services aim to reduce the impact of asthma and other respiratory conditions on day-to-day life. Asthma Foundation services include:

- Community Support Initiatives – Breathe Better Information Line, Shop, Information Sessions and provision of the Daily Pollen Count.
- Asthma Emergency Training in schools, child care centres, workplaces and sporting clubs.
- Education and training for Health Professionals.

For more information about the Asthma Foundation of SA visit www.asthmasa.org.au or call the FREE Breathe Better Information Line on 1800 645 130.

Watch Brenton Ragless present the weather weeknights on Channel 9 News Adelaide at 6pm.

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