

# **Buteyko asthma fact and contact sheet**

## **Asthma statistics – from the Asthma Foundation**

- One in six New Zealand adults and one in four of our children experience asthma symptoms. This adds up to more than 600,000 New Zealanders.
- Asthma is the most common cause of admission to hospital for children.
- Hospitalisation rates for asthma have more than doubled in the past 30 years.

## **Buteyko medical research**

All published studies of the Buteyko Breathing technique, including two published in the New Zealand Medical Journal, have shown positive results. Findings included:

- Reductions in reliever medication averaged 80 to 90 per cent
- Reductions in preventer medication 40 to 50 per cent
- Lung function is maintained despite the large reductions in medication
- Fewer symptoms of asthma
- Improved quality of life

## **What is the Buteyko breathing programme?**

Buteyko breathing re-training is a health education program of breathing exercises and life style guidelines which corrects and alleviates breathing-related conditions including asthma, emphysema, chronic bronchitis, sinusitis, hay fever, chronic cough, nasal congestion, sleep apnoea, insomnia, snoring, hypertension, chronic fatigue, hyperventilation syndrome (HVS) anxiety/panic attacks, dental problems and other breathing related disorders.

Benefits include better sleep, ability to cope with stress, improved fitness/ sport performance and less susceptibility to colds and flu. Buteyko can be learned by children as young as three and adults.

## **How do I learn the Buteyko breathing programme?**

The programme includes an initial private consultation. There are four 60-90 minute sessions in the first week of the programme and two or more follow-up sessions. The programme includes breathing exercises, lifestyle and nutritional guidelines to achieve optimal health by helping restore a natural breathing pattern. Most people attending the programme experience a significant reduction in symptoms within the first few days of learning the exercises. The exercises are practised daily for six weeks to achieve optimal results. The programme can be learned in group sessions or private consultations.

To learn more about the programme contact the Buteyko breathing clinic on 09-360 6291 [info@buteykobreathing.co.nz](mailto:info@buteykobreathing.co.nz) [www.buteykobreathing.co.nz](http://www.buteykobreathing.co.nz)