



SOCJETA' AZMATICI MALTIN

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Introduction

- The Maltese Asthmatic Society was founded in 2004, by Prof Stephen Montefort.
- The objective of the Society, is to support asthmatics and their relatives and to increase general awareness about this condition to the Maltese public.
- According to some reports, Malta places 1st in Europe, with persons suffering from asthma and other respiratory conditions.



The Maltese Asthmatic Society

- The first chairperson was Mrs. Mariella Blackman, in 2010 this position was taken over by Mr. Stephen Healey.
- The treasurer is Mrs. Tessie Caruana and the secretary Ms. Anna Caruana.
- The committee consists of eight persons, all of which are asthmatics except one.
- The Society does not have an office and committee meetings are held at Mater Dei's Hospital, Cafeteria.



- Public meetings are held at Mater Dei's Hospital, Asthma Clinic.
- The society has thirty paying members.
- Membership cost five Euros annually.
- Apart from the sponsors for the 'World Asthma Day', this is the only income the society receives.



Events

- Public meetings are held every three months commencing on October / November and ending June / July.
- These meetings are held on Saturdays mornings and take around an hour.
- For these meetings, a professional health person, such as a medical doctor or a pharmacist are invited.
- The World Asthma Day is usually held at a Hotel and the Health Minister, Shadow Minister, Director of Health Promotion Dept. and a specialist in respiratory diseases are invited.



- Members of the society go on TV and Radio Stations to participate in health programs and to advertise the public meetings / World Asthma Day.
- These public meetings are also advertised on the local newspapers.
- In the past, members used to go the schools to educate children and teachers about this condition. Due to various constraints on part of the members, this has not been continued.
- In 2008, a member of the committee translated a booklet about Buteyko Exercises.
- A member of the committee is qualified in Buteyko Breathing Therapy.



- Attendance to public meetings and / or the World Asthma day by the general public in Gozo is very poor.
- In 2004/5 Dr.Martin Balzan, a respiratory consultant, translated a booklet from Asthma.org uk called “Il-Kontrol tal-Asthma f’Idejk”. (How to control your Asthma).



Projections

- To increase membership, in particular children.
- To continue with the efforts to increase awareness about this condition, especially in Gozo.
- To restart the education visits at schools.
- To find individuals, that are interested in being committee members and with enough time on their hands to pursue these targets.
- To raise funds, so that we can pursue further our targets.



Main Objective

- Our objective, is that every individual that has this condition will lead a normal, quality life, with no restrictions.

Thank You.