

Media Release



ASTHMA AND SALT THERAPY

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Salt therapy potentially harmful to people with asthma

Recent media has reported that salt therapy can be helpful to people with lung conditions such as asthma. There is no evidence to support this claim.

The facts are:

1. Inhaled salt solutions in high concentration are used by lung health specialists to bring on asthma attacks and aid diagnosis in people suspected of having asthma. This can therefore be potentially harmful to people with asthma.
2. There is no evidence for either harm or benefit in the exposure of people to the atmosphere of salt rooms. This technique has not been adequately scientifically evaluated.
3. In people who have lung conditions associated with excess mucus production (eg cystic fibrosis), but without asthma, inhaling solutions with high concentrations of salt may aid mucus clearance.
4. We do not believe people with asthma will be helped by the use of salt rooms or salt inhalation.
5. For most people with asthma, conventional preventive inhaled medication is a simple, safe way to get good asthma control and live well with their asthma.

Asthma Australia strongly recommends caution for people with asthma with respect to the use of salt rooms and that people discuss salt therapy with their doctor.

For more information about asthma, contact your local Asthma Foundation:
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asthmaaustralia.org.au

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