

ASTHMA “I.Q.”

from the National Asthma Education Program

The following true-or-false statements test what you know about asthma.
Be sure to read the correct answers and explanations on the next page.

	<u>True/False</u>
1. Asthma is a common disease among children and adults in the United States.	T <input type="checkbox"/> F <input type="checkbox"/>
2. Asthma is an emotional or psychological illness.	T <input type="checkbox"/> F <input type="checkbox"/>
3. The way that parents raise their children can cause asthma.	T <input type="checkbox"/> F <input type="checkbox"/>
4. Asthma episodes may cause breathing problems, but these episodes are not really harmful or dangerous.	T <input type="checkbox"/> F <input type="checkbox"/>
5. Asthma episodes usually occur suddenly without warning.	T <input type="checkbox"/> F <input type="checkbox"/>
6. Many different things can bring on an asthma episode.	T <input type="checkbox"/> F <input type="checkbox"/>
7. Asthma cannot be cured, but it can be controlled.	T <input type="checkbox"/> F <input type="checkbox"/>
8. There are different types of medicine to control asthma.	T <input type="checkbox"/> F <input type="checkbox"/>
9. People with asthma have no way to monitor how well their lungs are functioning.	T <input type="checkbox"/> F <input type="checkbox"/>
10. Both children and adults can have asthma.	T <input type="checkbox"/> F <input type="checkbox"/>
11. Tobacco smoke can make an asthma episode worse.	T <input type="checkbox"/> F <input type="checkbox"/>
12. People with asthma should not exercise.	T <input type="checkbox"/> F <input type="checkbox"/>

Your score — How many answers did you get correct?

11 - 12 = Congratulations! You know a lot about asthma. Share this information with your family and friends.

10 - 11 = Very good.

< 10 = Go over the answers and try to learn more about asthma.

Source: National Heart, Lung, & Blood Institute

ANSWERS TO THE ASTHMA “I.Q.” QUIZ

- 1. TRUE.** Asthma is a common disease among children and adults in the U.S., and it is increasing. About 10 million people have asthma, of whom 3 million are under 18 years of age.
- 2. FALSE.** Asthma is not an emotional or psychological disease, although strong emotions can sometimes make asthma worse. People with asthma have sensitive lungs that react to certain things, causing the airways to tighten, swell, and fill with mucus. The person then has trouble and may cough and wheeze.
- 3. FALSE.** The way parents raise their children does not cause asthma. It is not caused by a poor parent-child relationship, or by being overprotective.
- 4. FALSE.** Asthma episodes can be very harmful. People can get very sick and need hospitalization. Some people have died from asthma episodes. Frequent asthma episodes, even if they are mild, may cause people to stop being active and living normal lives.
- 5. FALSE.** Sometimes an asthma episode may come on quite quickly. However, before a person has any wheezing or shortness of breath, there are usually symptoms such as a cough, a scratchy throat, or tightness in the chest. Most patients learn to recognize these symptoms and can take medicine to prevent a serious episode.
- 6. TRUE.** For most people with asthma, an episode can start from many different triggers. Some of these things are pollen from trees or grasses; molds or house dust; weather changes; strong odors; cigarette smoke; and certain foods. Other triggers include being upset; laughing or crying hard; having a cold or the flu; or being near furry or hairy animals. Each person with asthma has an individual set of asthma triggers.
- 7. TRUE.** There is no cure yet for asthma. However, asthma patients can control it to a large degree by:
 - Getting advice from a doctor who treats asthma patients
 - Learning to notice early signs of an asthma episode
 - Avoiding things that cause asthma episodes
 - Taking medicine just as the doctor says
 - Knowing when to get medical help with a severe episode.
- 8. TRUE.** Several types of medicines are available to control asthma. Some people with mild asthma need to take medication only when they have symptoms. But most people need to take medicine every day to prevent symptoms and also to take medicine when symptoms do occur. A doctor needs to decide the best type of medicine for each patient and how often it should be taken. Asthma patients and their doctors need to work together to manage the disease.
- 9. FALSE.** People with asthma can monitor how well their lungs are functioning with a peak flow meter. This small device can be used at home, work, or school. The peak flow meter may show that the asthma is getting worse before the usual symptoms appear.
- 10. TRUE.** Both children and adults can have asthma. Sometimes, but not always, symptoms will go away as children get older. However, many children continue to have asthma symptoms through-out adulthood. In some cases, symptoms of asthma are not recognized until a person is an adult.
- 11. TRUE.** Smoke from cigarettes, cigars, and pipes can bring on an asthma attack. Indoor smoky air from fireplaces and outdoor smog can make asthma worse. Some can also “set off” other triggers. Smokers should be asked not to smoke near someone with asthma. Moving to another room may help, but smoke travels from room to room. No smoking is best for everyone!
- 12. FALSE.** Exercise is good for most people— with or without asthma. When asthma is under good control, people with asthma are able to play most sports. For people whose asthma is brought on by exercise, medicines can be taken before exercising to help avoid an episode. A number of Olympic medalists have asthma.

*Source: National Asthma Education Program.
National Heart, Lung, & Blood Institute (1992)
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