

What Have You Learned ?

- 1 True or False.** Asthma is a disease that affects the lungs and makes it hard to breathe. It is a chronic condition, meaning you live with it every day.
- 2 True or False.** Asthma can affect people of any age and may get better or worse over time.
- 3 Which of the following are asthma symptoms?**
 - a) Wheezing
 - b) Shortness of breath
 - c) Chest tightness
 - d) All of the above
- 4 Which of the following is true about asthma triggers?**
 - a) Asthma triggers make asthma worse
 - b) Asthma triggers make asthma better
- 5 True or False.** Asthma triggers are the same for everyone.
- 6 Which of the following are considered asthma triggers?**
 - a) Certain medications
 - b) Outdoor triggers such as pollution, pollen and tobacco smoke
 - c) Indoor triggers such as animal dander, dust/dust mites and mold
 - d) Some foods
 - e) All of the above
- 7 True or False.** There is not a specific way to use your inhaler. The medication will always get to your lungs.

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8 Which of the following can manage asthma?

- a) Medication
- b) Avoid asthma triggers
- c) Avoid smoking/tobacco smoke
- d) All of the above

9 True or False. There is no difference between quick-relief (rescue) medications and long-term control medications.

10 Match the following inhaler with the correct description.

Rescue Inhaler (i.e. Ventolin HFA, Proventil HFA, ProAir HFA, and Xopenex)

Take everyday, even if you do not have symptoms.

Long-term control medications (i.e. combination inhalers such as Advair or Symbicort and inhaled steroids such as Flovent HFA)

Take only when you begin to have asthma symptoms such as wheezing and coughing.