



Controlling Asthma in American Cities Project: Minneapolis / Saint Paul

Asthma Knowledge Quiz

The following quiz will test your knowledge about asthma. Always consult your physician for more information.

True or false questions:

1. One-third of all people with asthma in the US are children. T F
2. Asthma is a disease that rarely complicates pregnancies. T F
3. There is no cure for asthma. T F
4. Tobacco smoke can make asthma episodes more severe. T F
5. Asthma can be caused by emotional stress or other psychological problems. T F
6. Although asthma causes breathing problems, asthma episodes are not dangerous. T F
7. Lung function cannot be measured and monitored by the person with asthma. T F
8. Many triggers exist that can cause an asthma episode. T F
9. There are different medications that help to control asthma, depending on the severity of the disease. T F
10. Asthma episodes always occur suddenly, without warning. T F

Answers:

1. True. About 6.3 million children under the age of 18 have asthma.
2. False. In fact, asthma is one of the most common diseases to complicate a pregnancy.
3. True. However, with proper asthma control and management, most people can lead healthy lives.
4. True. Tobacco smoke from pipes, cigars, and cigarettes can trigger and worsen an asthma episode. Other types of smoke that can increase the severity of asthma symptoms include smoke from fireplaces and outdoor smog.
5. False. Although strong emotions can make asthma symptoms more severe, asthma is a physical disease of the lungs and airways.
6. False. An uncontrolled asthma episode can lead to hospitalization and even death. Chronic, uncontrolled asthma - even mild asthma - also affects quality of life; consequently, a person with uncontrolled asthma may become less active.
7. False. A peak flow meter, which is a small device that measures airflow out of the lungs, can be used to measure lung function at home, school, or work.
8. True. Many asthma episodes are triggered by a combination of factors, including pollen, dust, weather, smoke, foods, odors, cold or flu, or pets.
9. True. Some people with mild asthma may only need to take medication when experiencing symptoms, while others with more severe asthma may need to take daily medication to keep the asthma under control. Specific asthma medications will be prescribed by your physician, based on your medical history and the severity of your symptoms.
10. False. Some asthma episodes may occur suddenly, without warning. However, most asthma episodes, even those with sudden onset, are usually preceded by certain symptoms such as a cough, scratchy throat, and chest tightness. It is important to learn what the early warning signs of an asthma episode are, so that you can take preventive management steps (such as proper medication) to avoid a serious asthma episode.

Source: This quiz is available on multiple hospital websites across the US.
Asthma and Allergy: Asthma Knowledge Quiz Retrieved from the World Wide Web
<http://content.jeffersonhospital.org/content.asp?pageid=P00032>