

What's Your Asthma IQ?

Answer true or false to the following statements:

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

ANSWERS

- 1) T
- 2) F
- 3) F
- 4) F
- 5) F
- 6) T
- 7) T
- 8) T
- 9) F
- 10) T
- 11) T
- 12) F

From the National Heart Lung & Blood Institute