



Quiz Answer Key

- What's another term for a person's airways?
 - tracheas
 - windpipes
 - bronchial tubes
 - bronchoconstriction
- What do you call something that sets off an asthma flare-up? trigger
- A spacer (or holding chamber) attaches to an inhaler and holds asthma medication in place.
- List three possible asthma triggers:
any of the following: allergens (dust mites, molds, pollen, animal dander, cockroaches),
irritants (chalk dust, smoke, perfumes, cosmetics, cleaning solutions, fresh paint, gasoline fumes)
pollutants (ozone), exercise, weather, respiratory tract infections (cold, flu)
- Describe what happens to a person's bronchial tubes during an asthma flare-up. The bronchial tubes are inflamed.
They swell and produce thick mucus. The smooth muscle that surrounds the airway lining tightens up. It is difficult for the
air to move through.

- True or false: Asthma is contagious. false
- List three asthma symptoms:
any of the following: wheezing, coughing, tightness in chest, difficulty breathing, shortness of breath

- A peak flow meter is used to measure how well a person can blow air out of the lungs.
- Which of the following is a substance that can cause an allergic reaction?
 - peak flow meter
 - allergen
 - trachea
 - asthma flare-up
- Explain why smoking is especially bad for people with asthma:

The airways of a person with asthma can be very sensitive to smoke from cigarettes, cigars, and pipes. Smoking can cause asthma flare-ups to happen more often. Smoking can undo the effect of controller medicine that a person with asthma is using. Smoking can force someone to use quick-relief medicine (rescue medicine) more often.