



Quiz Answer Key

1. What's another term for a person's airways?
 - a. tracheas
 - b. windpipes
 - ☒ c. bronchial tubes
 - d. bronchoconstriction
2. What do you call something that sets off an asthma flare-up? trigger
3. A spacer (or holding chamber) attaches to an inhaler and holds asthma medication in place.
4. 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)
5. 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.
6. True or false: Asthma is contagious. false
7. List three asthma symptoms:
any of the following: wheezing, coughing, tightness in chest, difficulty breathing, shortness of breath
8. A peak flow meter is used to measure how well a person can blow air out of the lungs.
9. Which of the following is a substance that can cause an allergic reaction?
 - a. peak flow meter
 - ☒ b. allergen
 - c. trachea
 - d. asthma flare-up
10. 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.