

**UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES – IBRA**

**LEVEL. 3. LISTENING.**

Use the words in the boxes to complete the text.

diet	responds	contain	defend	occurs
research	cause	likely	stress	enter

Asthma is a very common disease that affects millions of people. It is a disease that 1. \_\_\_\_\_ when our immune system overreacts to some materials or situations. It is a form of allergy. The first 2. \_\_\_\_\_ of asthma is materials like dust and pollen. When pollen and dust 3. \_\_\_\_\_ the body through the nose or mouth, , people begin to sneeze and cough. The body thinks that they are dangerous objects and it then 4. \_\_\_\_\_ to this by making chemicals called histamines. These chemicals are designed to 5. \_\_\_\_\_ the body against germs like bacteria. Soon the affected people experience difficulty in breathing. Another reason for asthma is some types of food like peanuts and milk. Asthma patients should be careful not to include them in their 6. \_\_\_\_\_. Schools and colleges should not sell food products that 7. \_\_\_\_\_ substances that cause asthma. Another factor that triggers asthma is 8. \_\_\_\_\_. When patients worry too much about something it can result in asthma. Heredity is also a factor in the occurrence of asthma. Children of parents with asthma are 9. \_\_\_\_\_ to inherit this condition through genes. Scientists are doing 10. \_\_\_\_\_ to find suitable remedies and medicines for this disease.

(BIJU C THOMAS)