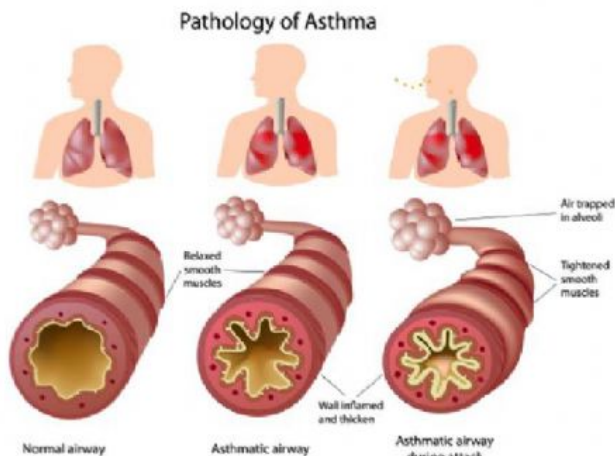


Read the passage and tick the best answer A, B, C or D for the question.



Asthma is a lung disease that affects your airways – the tubes that carry air to and from your lungs. It causes the muscles in these tubes to contract, the tubes themselves to swell and also causes sticky mucus to be produced. All of these factors can make it very difficult for a sufferer to breathe properly.

Shortness of breath, especially after exercise, coughing, or difficulty breathing while sleeping, are all common symptoms. These can be described as mild asthma attacks. However, they can usually be controlled by medication. A severe asthma attack, on the other hand, where a sufferer finds it difficult to breathe, may require hospital treatment. How badly you are affected by these symptoms depends on what type of asthma you have, from mild to chronic, and how well you are able to control the disorder.

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There are presently two main types of medicine: preventers and relievers. A preventer is used every day and reduces the swelling of the airways, cutting the risk of an attack. A reliever, such as Ventolin, is taken when breathing has become (or is going to become) difficult. This actually relaxes the muscles of the airways, reducing constriction, and improving the airflow. The medicine is usually taken using an inhaler.

1. Asthma is a \_\_\_\_\_ disease.

- A. cardiac
- B. digestive
- C. pulmonary
- D. gastric

2. What are common symptoms of asthma?

- A. shortness of breath, coughing up blood
- B. breathlessness, swelling airways
- C. difficulty breathing, sticky mucus
- D. difficulty breathing on exertion or during sleep, coughing

3. Why is it difficult for asthma sufferers to breathe properly?

- A. Because of swollen airways and production of sticky mucus in these tubes
- B. Because of contracted muscles
- C. Because the airways don't carry air out of the lungs

**LIVEWORKSHEETS**

D. Because the airways are full of mucus

4. Which of the following is TRUE about asthma?

A. The milder asthma you have and the better you can control the disorder, the worse you are affected by the symptoms

B. The stronger you are, the less you are affected by the symptoms

C. The milder asthma you have and the better you can control the disorder, the less you are affected by the symptoms

D. The weaker you are, the more you are affected by the symptoms

5. How do preventers and relievers work to help asthma sufferers?

A. Daily use of a preventer and a reliever helps reduce the swelling of the airways

B. Daily use of a preventer and a reliever helps relax the muscles of the airways

C. Daily use of a preventer helps reduce the swelling of the airways and a reliever helps contract the muscles of the airways

D. Daily use of a preventer helps reduce the swelling of the airways and a reliever helps relax the muscles of the airways