

Asthma and Allergies Health Observance Package

KEY Asthma Quiz

1. **TRUE** - It is the number one cause of hospital admissions for children aged 1-9, and the number two cause of hospital admissions for children aged 10-14. The average number of lost school days for an asthma attack is 7.3 lost days per attack.
2. **FALSE** - Death from asthma, though rare, is increasing. Between 1980 and 1993, the mortality rate for children from asthma has risen 78% according to the Centers for Disease Control.
3. **FALSE** - All these factors can trigger asthma attacks for certain individuals.
4. **FALSE** - Asthma is not a contagious or infectious lung disease (unlike tuberculosis). A tendency to develop asthma can be passed from parents to children through their genes, and exposures in the home environment can do much to worsen or minimize asthma. See #5 below.
5. Many things can be done in the home to reduce asthma attacks including:
 - Eliminate smoking in the home.
 - Dust frequently (when asthma sufferers are not around).
 - Reduce dust gathering items like books, magazines, stuffed animals.
 - Run the fan or AC with a good filter in place.
 - Keep indoor humidity low.
 - Keep pets out of bedrooms, shampoo pets often.
 - Enclose mattresses, pillows to control dust mites.
 - Clean up food or dirty dishes; cockroaches can make asthma worse.
6. **TRUE** - Once someone has asthma they may not have symptoms for long periods. However, adult asthma is a chronic condition and the lungs show evidence of over-reactivity and obstruction even in the absence of symptoms.
7. **FALSE** - The American Lung Association estimates 4.0 million children suffered asthma attacks last year.
8. **TRUE** - This is true; however the number of cases of true "childhood asthma" which subsides on its own around the age of four makes up only about 25% of diagnosed cases in children. Even if the asthma goes away, it can return again or develop as an apparently new disease in adulthood. Parents should never count on asthma going away on its own. Active management by a doctor can prevent the illness from progressing.
9. **FALSE** - Overuse of drugstore asthma medications can be deadly! The medicine can decrease the user's sensitivity to the medication over time, allowing the asthma to worsen without detection. Asthma sufferers should see a doctor for treatment and monitoring.
10. **TRUE** - In much of the US, asthma rates are higher for low-income African-American. In some U.S. cities (but not all) asthma rates are higher among Hispanic children than among non-Hispanic white children. Asthma is more prevalent among children of African American descent, more severe in its presentation and less likely to be controlled with correct medications. Hospitalization rates among African-American children aged 0- 4 are twice that for Caucasian children aged 0-4; they are three times higher for African-American children between the ages of 5-14 than for Caucasian children between the ages of 5-14.
11. **TRUE** - It is estimated that between 15 and 25% of children in the highest risk areas are suffering from symptoms of undiagnosed and uncontrolled asthma.
12. **FALSE** - Tucson was actually ranked number one in the top ten most challenging asthma hot spots. About 95,000 people in Tucson have asthma. Tucson has a high asthma prevalence, high asthma mortality, and few physicians in asthma-related specialties, according to Sperling's Best Places.
13. Triggers that may potentially worsen asthma are:
 - Stress/Excitement
 - Changes in temperature, humidity
 - Thunderstorms
 - Extreme cold or heat
 - Smoke (from fire, cigarettes, incense, etc.)
 - Pet hair, dander
 - Dust, dust mites
 - Food
 - Air pollution
 - Ozone
 - Traffic
 - Mold