Name _____

Asthma Unraveled: Understanding the Challenge of Breathing

Multiple Choice Questions

1. What are the airways in the lungs called?

a) Ventricles

b) Alveoli

c) Bronchial tubes

d) Arteries

2. What is the role of inflammation in asthma?

a) It clears the airways

b) It narrows the airways

c) It helps with oxygen intake

d) It reduces mucus production

3. What triggers asthma symptoms in some individuals during exercise?

a) Allergens

b) Irritants

c) Respiratory infections

d) Exercise-induced bronchoconstriction

4. During an asthma attack, which of the following symptoms is common?

a) Decreased heart rate

b) Easy speaking in full sentences

c) Chest pain

d) Increased oxygen levels

5. Which type of medication provides immediate relief during an asthma attack by relaxing the airway muscles?

a) Quick-relief (rescue) medications

b) Long-term control medications

c) Anti-inflammatory drugs

d) Antibiotics

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