

ASTHMA LIFE QUALITY TEST

If you or your child has been told you have asthma, or if you suspect it, even if you have only occasional problems taking a good, deep breath, this simple test from the American College of Allergy, Asthma & Immunology (ACAAI) may help improve your “Life Quality” (or LQ).

If you answer “yes” to one or more questions on this test, you may be able to reduce your asthma symptoms and improve your LQ. An allergist may be able to help you.

When I walk or do simple chores, I have trouble breathing or I cough Yes___No___

When I perform heavier work, such as walking up hills or stairs, or doing chores that involve lifting, I have trouble breathing or I cough Yes___No___

I avoid exercising or sports, like jogging, swimming, tennis, or aerobics because I have trouble breathing or I cough Yes___No___

I am unable to sleep through the night without coughing attacks or shortness of breath . . . Yes___No___

Sometimes I can't catch a good, deep breath Yes___No___

Sometimes I make wheezing sounds in my chest Yes___No___

Sometimes my chest feels tight Yes___No___

Sometimes I cough a lot, although I have no cold Yes___No___

Dust, pollen and pets make breathing more difficult Yes___No___

Cold weather makes breathing more difficult Yes___No___

Breathing problems get worse when I am around tobacco smoke, fumes or strong odors . . Yes___No___

When I catch a cold, it often goes to my chest Yes___No___

I made one or more emergency room visits in the past year because of breathing problems Yes___No___

I had one or more overnight hospitalizations due to breathing problems in the past year . . Yes___No___

Answer the following if you have been diagnosed with asthma:

I feel like I use my asthma inhaler too often Yes___No___

Sometimes I don't like the way I feel when I use my asthma medicine Yes___No___

My asthma medicine does not control my asthma Yes___No___

I feel tension or stress because of my asthma Yes___No___

I worry that asthma affects my health, or may even shorten my life Yes___No___

Please contact your doctor or an allergist if you answer “Yes” to one or more questions. You will “breathe easier”!