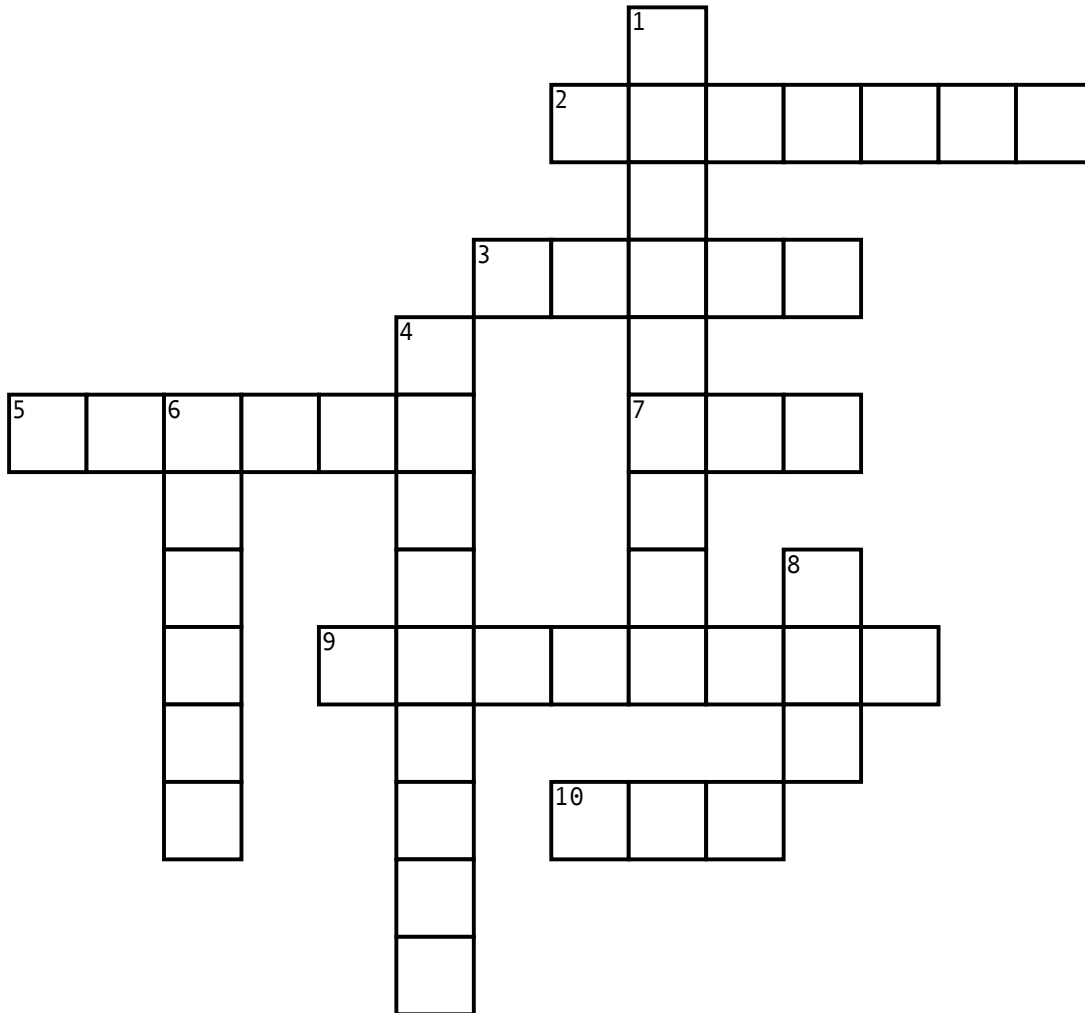


Name: \_\_\_\_\_

# The Asthma Challenge



## Across

2. Lifestyle risk factors for poor asthma symptom control includes \_\_\_\_\_ cessation and weight reduction
3. Rinse \_\_\_\_\_ out with water each time after a preventer use to avoid oral thrush
5. A chamber that increases delivery of inhaler medications up to 15 times
7. When washing a spacer, use clean warm water with kitchen detergent and \_\_\_\_\_ dry as drying with a towel causes build up of static on the surface of spacer
9. A nickname of bronchodilating inhalers that are used to provide temporary quick-relief of asthma symptoms, but they are not meant to be taken daily unless for pre-treatment for exercise

10. The signs of poor controlled asthma includes need of reliever inhaler more than \_\_\_\_\_ times each week (excluding before exercise)

## Down

1. If a person with asthma attack still not breathes normally after 2 sets of 4 puffs of reliever inhalers, the next step is to call an \_\_\_\_\_ immediately while keep giving 4 puffs every 4 minutes
4. A nickname for a type of inhalers taken everyday to control the airway inflammation associated with asthma and prevent symptoms
6. Asthma \_\_\_\_\_ Plan is to help a person with asthma and/or his carer to recognise worsening asthma and to give clear instructions on what to do in response
8. When taking inhaler medications, aim to hold breathe for \_\_\_\_\_ seconds or as long as possible.