

Asthma

Pre-reading

Questions:

- What do you know about asthma?

Definitions:

- Labored – showing difficulty or stress



Reading

14 Ben loved sports, but sports did not always love him. He loved soccer. He
30 and his friends liked to kick the ball around after school. They had fun taking turns
30 as goalie.

32 He loved basketball. He often shot baskets for an hour or two after dinner.
46 Actual games were less fun for Ben. Soccer games and basketball games required a
60 lot of running. Running meant breathing was difficult for Ben. He had asthma.

73 Asthma causes breathing problems. These breathing problems are often called
83 asthma attacks. During an attack the airways in the lungs get blocked. Blocked
96 airways mean the lungs get less air than normal. Asthma can be life threatening if
111 breathing stops completely.

114 When Ben had an asthma attack it was hard for him to breathe. He felt
129 tightness in his chest. He coughed and wheezed. It sounded like there was a whistle
144 in his chest. It would happen most often during or after a game, or at night when he
162 was in bed.

165 Ben learned to control his asthma. He did warm up and cool down exercises
179 before and after games. He also got asthma medicine and an inhaler from his doctor.
194 He started using the inhaler before games. It helped his airways stay open and clear.

209 The doctor also helped him establish a plan for when his asthma was under
223 control and when he had problems. Ben continued to see the doctor twice a year,
238 even if he felt well.

243 Asthma is a **chronic** lung disease. Those who have it, live with it every day.
258 It never really goes away. It cannot be cured, but it can be controlled.

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Level 4.5

Understanding

1. Why is asthma life-threatening? _____

2. What are some symptoms of asthma? _____

3. What does the word **chronic** mean? _____

4. How did Ben control his asthma? _____

5. What does wheezing sound like? _____

6. When did Ben have most of his attacks? _____

Writing

Choice A: Summarize the reading in your own words.

Choice B: Write about someone you know who has asthma. What is their experience, and how do they manage it?
