

# ASTHMA ACTIVE



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ASTH0009

# ASTHMA ACTIVE



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**MEET RAVEN**

# **RAVEN**

## **KARATE AND TAEKWONDO ATHLETE AND CHAMPION**



Meet Raven. He has asthma, but he doesn't let it stop him!

In fact, from the time he was very young, he has won many tournaments and trophies in Karate and Taekwondo world championships. Raven keeps his asthma under control.

Don't let your asthma stop you from playing sports or doing the fun things you like to do. Turn the page to start learning how.



# WHAT IS ASTHMA?

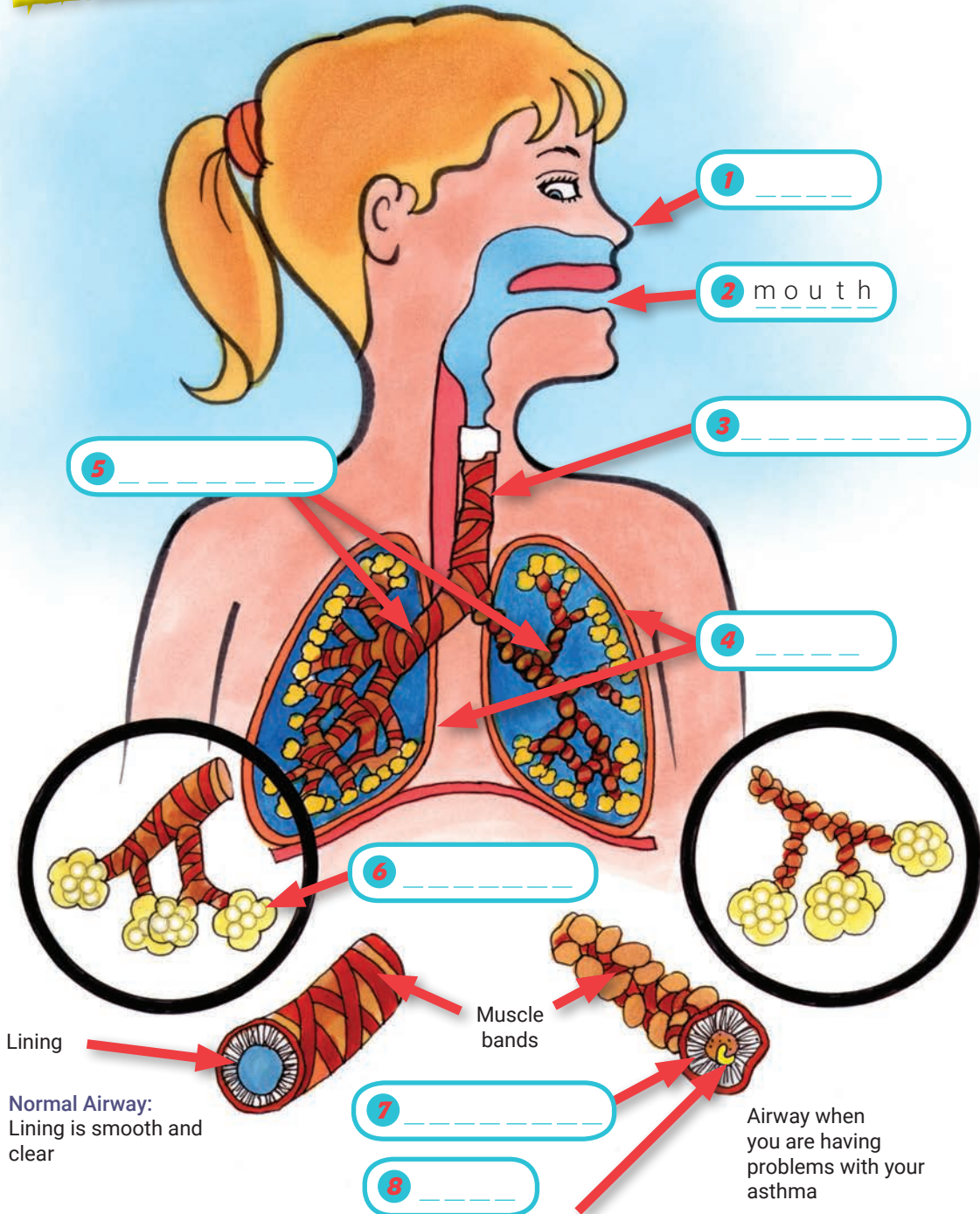
You are not alone. Did you know that about 1 in 5 kids has asthma?

If you know how to manage your asthma, you can do all the fun things you want to do!

When you breathe in, air enters your body through the nose or mouth and then continues to your lungs. Your nose cleans out dirt that is in the air when you breathe in.

Picture your lungs like an upside down tree. The trunk of the lungs is called the wind-pipe or trachea (tray-kee-ah).

The main branches are the airways or bronchi (brank-i). The smaller branches or airways are called bronchioles (brank-ee-oles). The leaves in the lungs are called the air sacs or alveoli (al-vee-ol-i).



**Draw a line connecting each word with its meaning.**  
**Then take each word and fill in the blanks on the picture to the left.** Answers on pg 25

lungs

The long tube that air goes through to get to your lungs (also called the trachea)

swelling

Small sacs that look like tiny grapes at the end of the smallest airways

nose

If you don't take care of your asthma, you can get more of this gooey, sticky stuff in your airways (also called phlegm)

airways

A body part where air usually enters first

alveoli

You have two of them — one on the right and one on the left — behind your rib cage

mouth

This happens to the lining of your airways when you are having problems with your asthma

windpipe

These are the small tubes that air flows through

mucus

Another way air can enter your body if your nose is all plugged up

**Did you know?**

The width of your smallest airway is less than the width of a pin!!

**If you have asthma, your airways react to certain things called triggers. When that happens:**

- 1** The inside of your airways become red and swollen just like when you scrape your skin and it gets red and puffy.
- 2** The muscle bands around the outside of your airways tighten up making it harder to get air in and out of your lungs.
- 3** You may also have extra mucus (phlegm) that makes you want to cough more.

# WATCH OUT FOR YOUR TRIGGERS

so you can run around and play!

*Everyone should be able to run around and play. Even kids with asthma. Things that bother your asthma are called “triggers”. Here are some ways to help you stay away from your triggers:*

- 1** Ask anyone who smokes to smoke outside and to smoke far away from you.

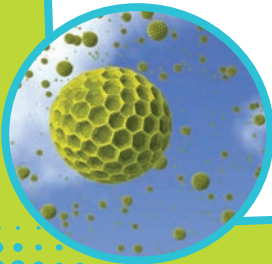


- 2** If dust bothers you, don't keep stuffed toys on your bed. Keep your bedroom clean.



- 3** If pets bother you, stay away from them.

- 4** Pollen are tiny grains from trees, grass or other outdoor plants. If they bother your asthma, keep windows closed at home and in the car.







**5** If mold bothers you, do not jump in piles of leaves.

**6** If cold air bothers you, wear a scarf over your nose and mouth.



**7** If it is hot and smoggy outside, you may need to play inside.

**8** To get rid of germs, wash your hands often using soap and water.

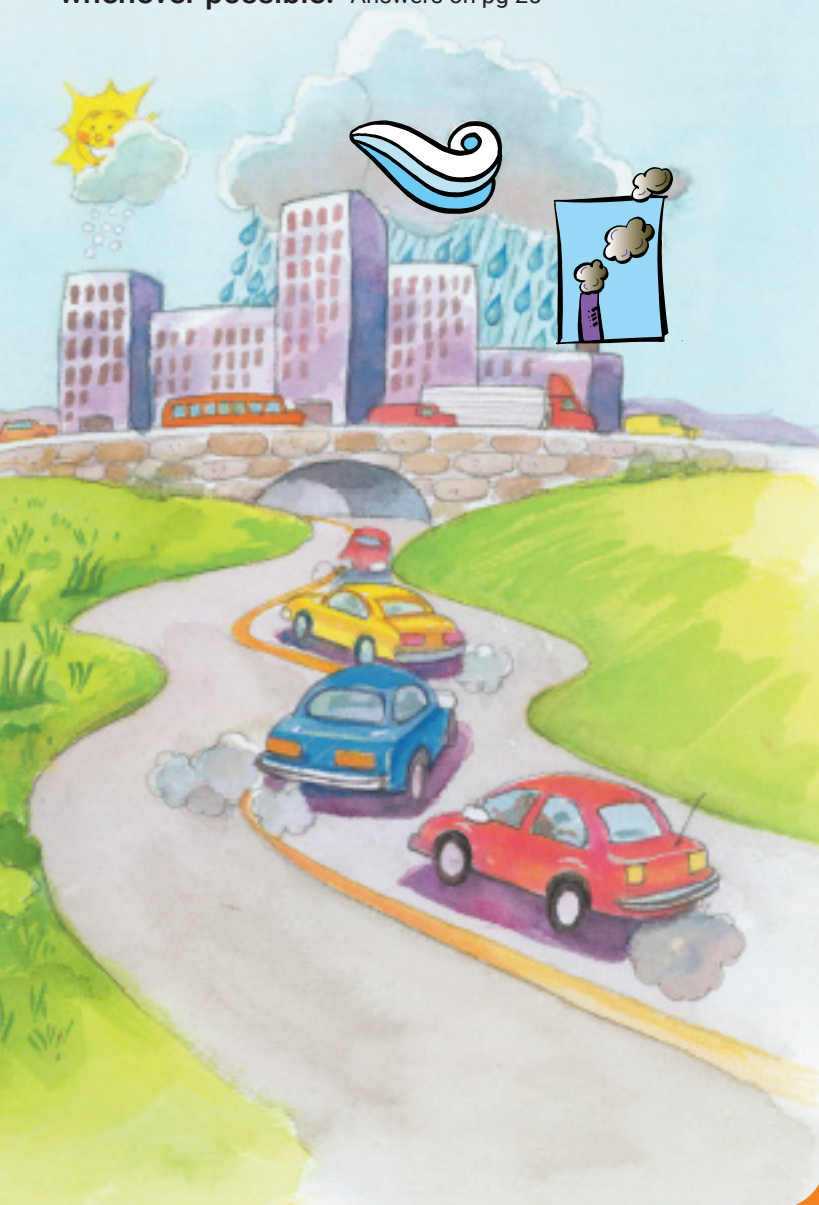


# WHAT SETS YOU OFF?



**Circle the things that can make asthma worse.**

These are called asthma "triggers". It is important to stay away from your triggers whenever possible. Answers on pg 25



**Unscramble these word clues to help you find the things that might set off your asthma!**

1. ogd                    \_\_\_\_\_
2. atc                    \_\_\_\_\_
3. etre                    \_\_\_\_\_
4. ssrag                    \_\_\_\_\_
5. uldom                    \_\_\_\_\_
6. okesm                    \_\_\_\_\_
7. llutoinpo                    \_\_\_\_\_
8. dolc ira                    \_\_\_\_\_
9. scdlo                    \_\_\_\_\_
10. repumef                    \_\_\_\_\_
11. ainpt                    \_\_\_\_\_
12. eanclers                    \_\_\_\_\_
13. usdt                    \_\_\_\_\_  
    items                    \_\_\_\_\_

# FIND THE ASTHMA TRIGGERS



Top left

Circle the things that can make asthma worse.

Answers on pg 25

- ANIMALS
- BIRD
- CAT
- CIGARETTE
- CLEANER
- COLD AIR
- COLDS
- DOG
- DUST MITES
- EXERCISE
- FEATHERS
- FLU
- GLUE
- GRASS
- HAIRSPRAY
- HAMSTER
- HORSE
- INFECTION
- MOULD
- MOUSE
- ODOURS
- PAINT
- PERFUME
- PETS
- PLANTS
- POLLEN
- POLLUTION
- RABBIT
- RAGWEED
- SMOKE
- STRESS
- TREES



E	S	A	T	H	R	U	E	A	H	N	S	Y	D	T
A	T	W	N	A	O	S	L	I	A	O	R	O	U	N
H	A	T	B	I	I	R	N	F	I	I	E	D	S	I
Y	A	B	E	C	M	F	S	C	R	T	H	O	T	A
P	I	M	R	R	E	A	O	E	S	U	T	U	M	P
T	L	E	S	C	A	L	L	F	P	L	A	R	I	R
C	X	A	T	T	D	G	O	S	R	L	E	S	T	M
E	L	I	N	A	E	Y	I	O	A	O	F	U	E	M
P	O	E	I	T	S	R	S	C	Y	P	R	A	S	O
N	O	R	A	T	S	S	P	E	R	F	U	M	E	U
C	T	L	R	N	R	A	G	W	E	E	D	E	H	L
M	O	E	L	A	E	T	R	K	G	R	A	S	S	D
I	S	L	G	E	G	R	O	C	A	T	T	U	T	R
S	E	R	D	S	N	M	E	U	L	G	N	O	E	I
I	R	L	W	S	S	D	O	G	U	F	K	M	P	B



## Find the hidden message

- 1 Once you've finished the word search on the left, find the letters that are not circled.
- 2 Starting from the top left, go across each row and place the uncircled letters one by one in the blank spaces below until all the spaces are full.
- 3 Then you'll solve the secret message.

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# STAY ACTIVE!

Being active should be fun. If you take care of your asthma well, you should be able to run around and play – just like the other kids.

There are so many ways to be active:

- ✓ playing in the park
- ✓ skating
- ✓ swimming
- ✓ riding your bicycle
- ✓ dancing to your favourite song
- ✓ playing a musical instrument



If you have problems running around because of your asthma, tell your parent, teacher or coach.



## To avoid problems

- 1 Bring a reliever puffer (usually blue) with you everywhere you go. If you can't carry your puffer, make sure an adult has one for you nearby in case you have problems breathing.

\* To learn more about puffers, go to page 16 and 17.

- 2 You might need to take your reliever puffer 10 to 15 minutes before you start.

- 3 If you have any problems with your breathing while you are active, stop what you are doing. Tell an adult. You might need to use your reliever puffer. When your breathing feels better, you can start again.



# TAKE CARE OF YOUR ASTHMA SO YOU CAN BE ACTIVE



SNOWBOARDING  
 BASEBALL  
 CURLING  
 SKATING  
 SOCCER  
 TENNIS  
 BASKETBALL  
 HOCKEY  
 SKIING  
 SQUASH  
 VOLLEYBALL  
 CANOEING  
 RACQUETBALL  
 SWIMMING



B	T	X	Q	C	G	T	D	I	G	W	X	G	V	B
S	G	O	X	M	B	R	Q	L	Y	E	K	C	O	H
S	N	O	W	B	O	A	R	D	I	N	G	K	L	X
W	I	V	W	P	V	C	S	K	I	I	N	G	L	G
Z	M	N	G	H	V	Q	A	K	D	T	C	E	E	U
X	M	K	N	N	E	U	J	N	E	Y	H	V	Y	U
W	I	I	U	E	I	E	D	F	O	T	K	N	B	G
H	W	E	N	N	T	T	S	G	E	E	B	Z	A	G
C	S	B	A	S	E	B	A	L	L	N	I	A	L	Q
R	W	I	B	D	R	A	R	K	D	R	R	N	L	X
M	H	Z	F	I	Q	L	I	E	S	E	U	S	G	L
Z	P	P	G	N	I	L	R	U	C	H	P	B	L	H
C	L	W	H	N	D	H	B	C	L	X	M	H	M	P
E	X	Y	W	Z	B	X	O	W	N	A	N	S	V	U
O	W	X	H	B	H	S	A	U	Q	S	S	T	R	I





**The list doesn't end here!  
Think of something else.**

**If your asthma is managed,  
you should be able to play  
that sport too.**

Turn to page 25 to find the solutions.



# ASTHMA MEDICINES

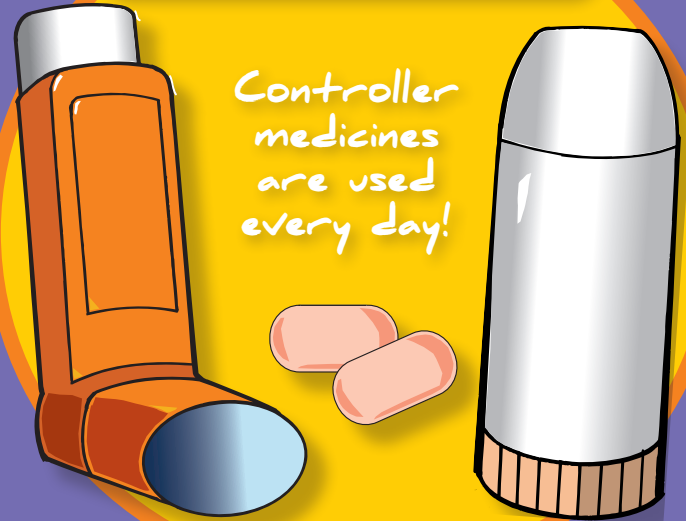
When you have asthma, your doctor will usually prescribe two kinds of medicines for you to use.

**CONTROLLER** medicines are usually taken every day to keep your asthma under control.

## CONTROLLER MEDICINE

- is taken every day to control asthma
- prevents asthma symptoms
- prevents swelling and redness in your lungs
- ★ After using your controller medicine you should rinse your mouth, gargle and spit.

## CONTROLLERS



Controller medicines are used every day!



**RELIEVER** medicine is used when you have asthma symptoms such as cough, wheeze, when it's hard to breathe or when you have a tight feeling in your chest.

## RELIEVERS

Reliever puffers are used when it is hard to breathe!



### RELIEVER (RESCUE) MEDICINE

- is taken when you have asthma symptoms (i.e. coughing, wheezing, difficulty breathing)
- helps to loosen the tight muscle bands around your airways

*\* Bring a reliever puffer (usually blue) with you everywhere you go.*

If you can't carry your own puffer, make sure an adult has one for you nearby in case you have problems breathing. You should have the reliever puffer in a place where you can get it quickly when you need it.

### SPACERS

- A spacer is a long tube with a valve that is used with asthma puffers. When you use a spacer it makes it easier to get medicine into your lungs.



# IS YOUR ASTHMA UNDER CONTROL?

Take the following challenge to find out if your asthma is well controlled.

- 1 Does your asthma stop you from playing sports or doing fun things you like to do?  Yes  No
- 2 Do you need to use your reliever puffer (usually blue) more than twice a week?  Yes  No
- 3 Do you have asthma symptoms (coughing, wheezing, tight feeling in your chest or find it hard to breathe) more than twice a week?  Yes  No
- 4 Have you had to go to the hospital or doctor's office because of your asthma?  Yes  No
- 5 Have you missed school because of your asthma?  Yes  No
- 6 Do you wake up even one night a week because of your asthma?  Yes  No

If you answered "YES" to ANY of these questions, you need to let your mom or dad know. It could mean your asthma is not well controlled.

**It is important for you to understand how to manage your asthma all the time. If your asthma is controlled, you should be able to:**

- ✓ Run around with your friends
- ✓ Play sports like everyone else
- ✓ Sleep well with no coughing at night
- ✓ When your asthma is well controlled you should not have asthma symptoms (coughing, wheezing or feeling out of breath)



**If you start having problems with your asthma, it is important for you and your mom or dad to know what to do.**

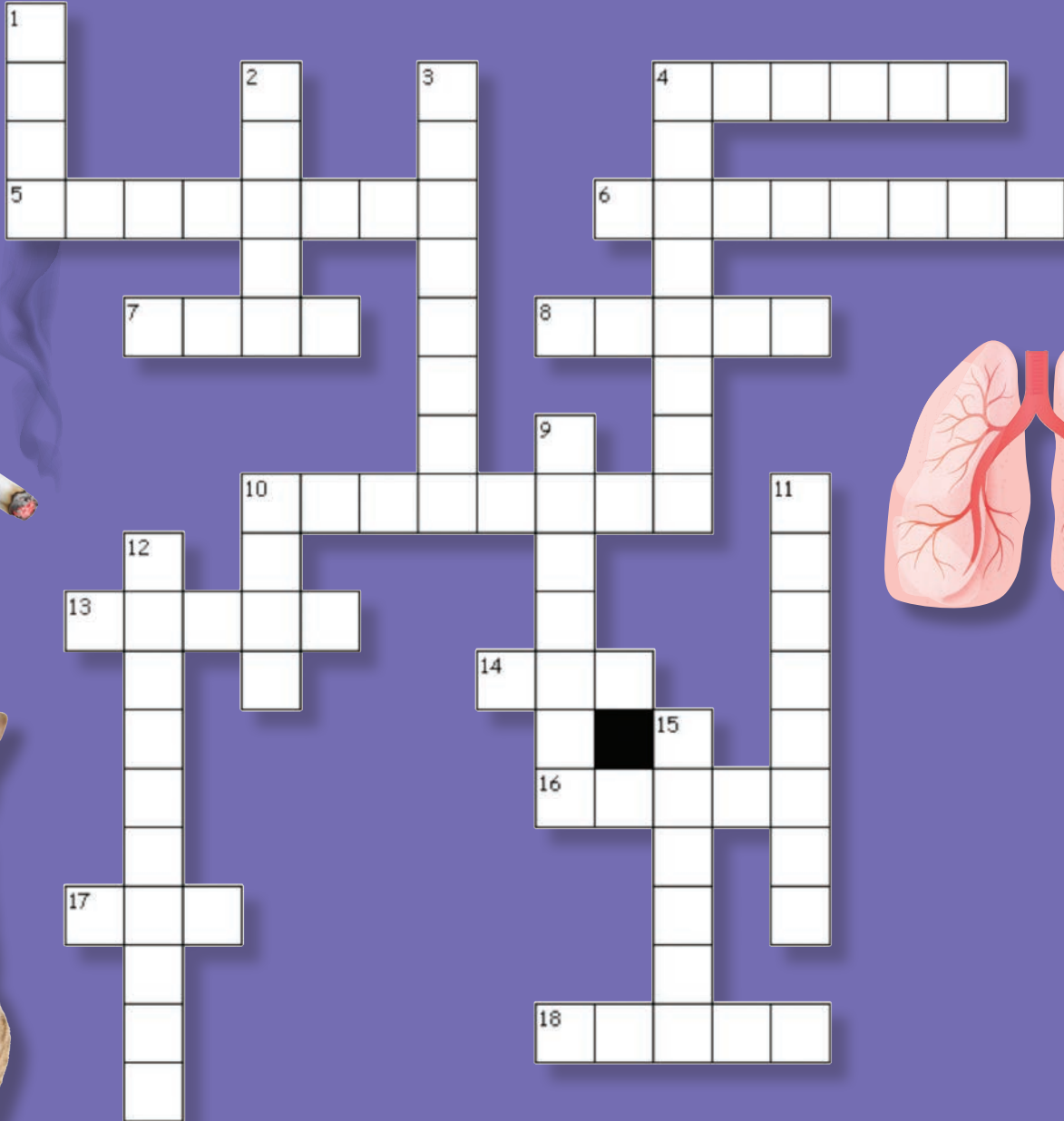
**An “asthma action plan” from your doctor can help you better manage your asthma. It is a written plan by your doctor letting you know what to do if you have asthma symptoms.**

**An asthma action plan should include:**

- What medicines you normally take when you are feeling well.
- How to know when your asthma is starting to get out of control and when it is an emergency.
- What changes you should make to your medicines when you have asthma symptoms.



# ALL ABOUT ASTHMA



## Across

- 4 A \_\_\_\_\_ is a tube that helps you breathe in medicine from a puffer
- 5 When you can't run around and play or \_\_\_\_\_, it may mean your asthma is not under control
- 6 A type of medicine that can quickly help you breathe better when your asthma gets worse (also called a "rescue" medicine) is called a \_\_\_\_\_
- 7 Insects that are too small to see and are found in stuffed toys are called \_\_\_\_\_ mites
- 8 \_\_\_\_\_ can make your throat sore, make your nose stuffed up and make your asthma worse
- 10 If asthma is under control, you should not wake up \_\_\_\_\_ at night
- 13 \_\_\_\_\_ may be a trigger and can be found indoors in basements or outside in rotting leaves.
- 14 A \_\_\_\_\_ makes a "meow" sound and can make asthma worse for a lot of people
- 16 You should always stay away from cigarette \_\_\_\_\_
- 17 Every fall, you should get the \_\_\_\_\_ shot to help stop you from getting sick
- 18 Washing your \_\_\_\_\_ often is a good way to keep from getting sick

## Down

- 1 Air usually enters our body through our \_\_\_\_\_
- 2 \_\_\_\_\_ is the gooey, sticky stuff in the lungs when asthma is not under control
- 3 The whistling sound that can happen when your asthma is not under control is called \_\_\_\_\_
- 4 This redness and inflammation happens in the lining of the air tubes of the lungs if asthma is not kept under good control. Another word for inflammation is \_\_\_\_\_
- 9 Asthma happens in the \_\_\_\_\_ of the lungs
- 10 In \_\_\_\_\_ weather, you should wear a scarf around your nose and mouth
- 11 \_\_\_\_\_ are the things that can make your asthma worse
- 12 A medicine that needs to be taken every day to keep your asthma under control is called a \_\_\_\_\_
- 15 The trigger that comes from trees and grass is called \_\_\_\_\_

Answers on page 25

# MORE ASTHMA WORDS

Top left

AIR  
 AIRWAYS  
 ALLERGY  
 ALVEOLI  
 ASTHMA  
 ATTACK  
 BREATHE  
 CONTROLLER  
 COUGH  
 INFLAMMATION  
 INHALER  
 LUNGS  
 MUCUS  
 NOSE  
 PUFFER  
 RELIEVER  
 SPACER  
 SWELLING  
 WHEEZE  
 WINDPIPE

T	A	K	E	C	C	S	O	N	T	G	I	A	E	R
R	O	L	O	O	G	F	Y	O	N	N	N	L	H	U
E	R	A	U	N	A	E	S	I	F	T	H	V	T	H
C	M	G	U	S	Z	A	L	L	A	A	A	E	A	C
A	H	L	T	E	Z	L	A	A	N	H	L	O	E	A
P	E	H	E	F	E	M	M	O	L	X	E	L	R	T
S	M	H	O	W	M	G	G	D	D	L	R	I	B	T
A	W	X	S	A	R	E	V	E	I	L	E	R	I	A
A	E	J	T	V	Z	A	Q	I	O	H	A	R	L	C
O	S	I	A	I	R	D	L	H	G	Z	I	S	G	K
F	O	C	O	N	T	R	O	L	L	E	R	U	A	Y
N	N	E	P	I	P	D	N	I	W	D	W	C	L	W
C	W	O	D	A	K	J	O	P	N	V	A	U	B	P
F	S	J	U	S	U	U	Y	J	X	M	Y	M	B	P
P	U	F	F	E	R	Q	G	A	X	G	S	W	Z	X



## NOW TRY THIS ONE!

Once you've finished the word search on the left, find the letters that are not circled.

Starting from the top left, go across each row and place the uncircled letters one by one in the blank spaces below until all the spaces are full.

Then you'll solve the secret message. *Answers on pg 25*

\_\_\_\_\_

\_\_\_\_\_

## LET'S SEE WHAT YOU LEARNED ABOUT ASTHMA.

**Try answering these questions.** *Answers on pg 25*

- 1 Asthma affects the \_\_\_\_\_ in your lungs.
- 2 The things that make your asthma worse are called \_\_\_\_\_.
- 3 Which type of medicine is usually taken every day to prevent asthma problems? A "controller" or "reliever"? \_\_\_\_\_
- 4 Which type of medicine is usually taken to quickly help you feel better when you have asthma problems? \_\_\_\_\_
- 5 What is the usual colour of the reliever puffer? \_\_\_\_\_
- 6 Asthma triggers make the airways in your lungs red and \_\_\_\_\_.
- 7 If you control your asthma, you should be able to do all the fun things you want to do including playing sports.  YES  NO

## ***ONLINE FUN***

### **Sick Kids**

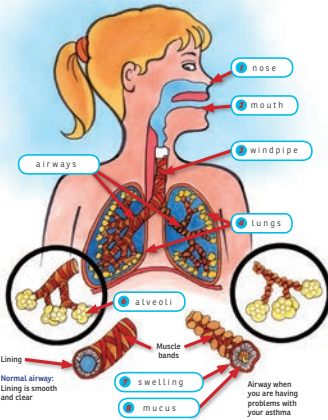
[aboutkidshealth.ca/justforkids](http://aboutkidshealth.ca/justforkids)

### **University of Calgary/Alberta Health Region**

[ucalgary.ca/icancontrolasthma/kidsall](http://ucalgary.ca/icancontrolasthma/kidsall)

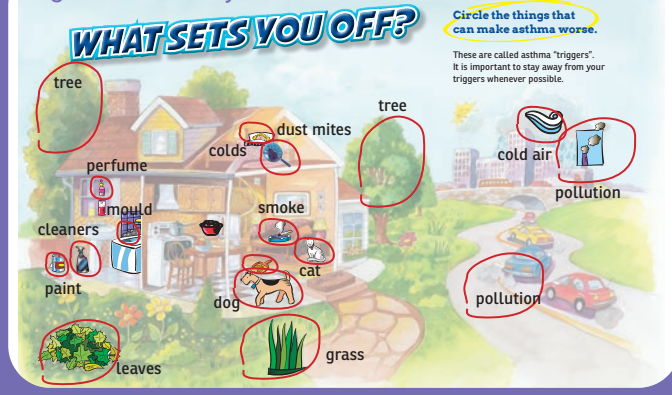
# ANSWERS TO PUZZLES AND QUESTIONS

## Pg 4 & 5 What is asthma?



- lungs: The long tube that air goes through to get to your lungs (also called the trachea)
- swelling: Small sacs that look like tiny grapes at the end of the smallest airways
- nose: If you don't take care of your asthma, you can get more of this gooey, sticky stuff in your airways (also called phlegm)
- airways: A body part where air usually enters first
- alveoli: You have two of them — one on the right and one on the left — behind your rib cage
- mouth: This happens to the lining of your airways when you are having problems with your asthma
- windpipe: These are the small tubes that air flows through
- mucus: Another way air can enter your body if your nose is all plugged up

## Pg 8 What sets you off

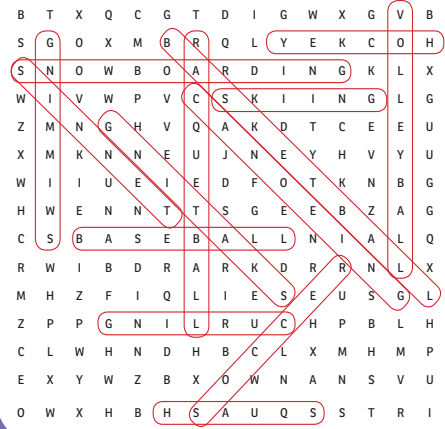


Pg 9 Unscramble: dog, cat, tree, grass, mould, smoke, pollution, cold air, colds, perfume, paint, cleaners, dust mites

## Pg 10 Find the asthma triggers



## Pg 14 Take care of your asthma so you can be active



## Pg 22 More asthma words



## Pg 11 Hidden message: Stay away from your asthma triggers

Pg 20-21 All about asthma crossword answers  
**Across:** 4. spacer, 5. exercise, 6. reliever, 7. dust, 8. colds, 10. coughing, 13. mould, 14. cat, 16. smoke, 17. flu, 18. hands  
**Down:** 1. nose, 2. mucus, 3. wheezing, 4. swelling, 9. airways, 10. cold, 11. triggers, 12. controller, 15. pollen

Pg 23 Now try this one!  
 Answer: Take control of your asthma

Let's see what you learned about asthma!  
 Answers: airways, triggers, controller, reliever, blue, swollen, Yes.



**Lung Health Line**

**1-888-344-LUNG (5864)**

**info@lunghealth.ca**

**lunghealth.ca**