

# Asthma Life Quality TEST

If you or your child has been told you have asthma, or even if you have 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 (LQ). Just answer the 20 questions starting below.



1. When I walk or do simple chores, I have trouble breathing or I cough. Yes  No
2. When I perform heavier work, such as walking up hills and stairs or doing chores that involve lifting, I have trouble breathing or I cough. Yes  No
3. Sometimes I avoid exercising or taking part in sports like jogging, swimming, tennis or aerobics because I have trouble breathing or I cough. Yes  No
4. I have been unable to sleep through the night without coughing attacks or shortness of breath. Yes  No
5. Sometimes I can't catch a good, deep breath. Yes  No
6. Sometimes I make wheezing sounds in my chest. Yes  No
7. Sometimes my chest feels tight. Yes  No
8. Sometimes I cough a lot. Yes  No
9. Dust, pollen and pets make my breathing more difficult. Yes  No

10. Cold weather makes my breathing more difficult. Yes  No

11. My breathing problem gets worse when I'm around tobacco smoke, fumes or strong odors. Yes  No

12. When I catch a cold, it often goes to my chest. Yes  No

13. I made one or more emergency visits to a doctor in the past year because of my breathing problems. Yes  No

14. I had one or more overnight hospitalizations due to breathing problems in the past year. Yes  No

**Answer the following if you ever have been diagnosed with asthma:**

15. I feel like I use my asthma inhaler too often. Yes  No

16. Sometimes I don't like the way my asthma medicine makes me feel. Yes  No

17. My asthma medicine doesn't control my asthma. Yes  No

18. My asthma controls my life more than I would like. Yes  No

19. I feel tension or stress because of my asthma. Yes  No

20. I worry that my asthma affects my health or may even shorten my life. Yes  No

**Life Quality Test**

If you answered "yes" to one or more questions on this test, you may be able to reduce your asthma symptoms and improve your **life quality**. An allergist can help you.

**Take these steps now:**

- Continue your present asthma treatment until you've consulted with your doctor.
- If you have an allergist, schedule an appointment as soon as possible. Bring this **LQ Test** and discuss it with your doctor.

Anyone with asthma should be able to feel good, be active all day and sleep well at night. You don't need to accept less. An allergist can help you find relief.

Find an allergist, find relief. For more information visit [AllergyandAsthmaRelief.org](http://AllergyandAsthmaRelief.org)



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