



## Introduction to Asthma

What is asthma? Write your answer in the space provided:

*Asthma is a chronic respiratory disease that affects the airways in the lungs. It causes recurring episodes of wheezing, coughing, chest tightness, and shortness of breath.*

## Common Symptoms of Asthma

What are the common symptoms of asthma? Match the following vocabulary words with their definitions:

Vocabulary Word	Definition
Wheezing	A high-pitched whistling sound while breathing out
Coughing	A sudden, forceful expiration of air from the lungs
Chest tightness	A feeling of tightness or constriction in the chest
Shortness of breath	Difficulty breathing or feeling like you can't catch your breath

## Asthma Management and Prevention

*What is the importance of managing asthma? Write your answer in the space provided:*

*Managing asthma is crucial to prevent symptoms, reduce the risk of asthma attacks, and improve quality of life. It involves working with a healthcare provider to develop an asthma action plan, taking medications as prescribed, and avoiding triggers.*

## Asthma Action Plan

*What is an asthma action plan? Create a concept map to illustrate the components of an asthma action plan:*

*An asthma action plan is a written document that outlines the steps to take to manage asthma, including medications, lifestyle changes, and emergency procedures.*

## Asthma and Lifestyle

*How does exercise affect asthma? Write your answer in the space provided:*

*Exercise can trigger asthma symptoms in some people, but regular physical activity can also help improve lung function and overall health. It's essential to work with a healthcare provider to develop an exercise plan that takes into account asthma management.*

## Healthy Diet Choices for Asthma

*What are some healthy diet choices for individuals with asthma? Create a list of foods that can help manage asthma:*

*A healthy diet for asthma management includes foods rich in antioxidants, omega-3 fatty acids, and fiber, such as fruits, vegetables, whole grains, and lean proteins.*

## Asthma in the Community

*How can individuals with asthma communicate with peers and healthcare professionals? Write your answer in the space provided:*

*Individuals with asthma can communicate with peers and healthcare professionals by sharing their asthma action plan, asking questions, and seeking support. It's essential to be open and honest about asthma management to ensure proper care and treatment.*

## Community Resources for Asthma

*What are some community resources available for individuals with asthma? Create a list of resources:*

*Community resources for asthma include support groups, online forums, healthcare providers, and organizations that provide education and advocacy for asthma management.*

## Vocabulary Building Activities

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Match the following vocabulary words with their definitions:

Vocabulary Word	Definition
Peak flow meter	A device used to measure lung function
Nebulizer	A device used to deliver medication to the lungs
Asthma attack	A sudden worsening of asthma symptoms

## Word Search

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Create a word search using vocabulary words related to asthma:

## Asthma Scenario Discussions

*Read the following scenario: "You have asthma and are planning to go for a run. What do you need to do before you start running?" Write your answer in the space provided:*

*Before starting to run, it's essential to take medication as prescribed, warm up with light exercise, and monitor lung function using a peak flow meter.*

## Role-Play Scenario

*Create a role-play scenario where you have to manage an asthma attack:*

## Asthma and Emotional Well-being

*How can asthma affect emotional well-being? Write your answer in the space provided:*

*Asthma can affect emotional well-being by causing stress, anxiety, and feelings of isolation. It's essential to practice self-care, seek support, and develop coping strategies to manage emotional well-being.*

## Mindfulness Activity

*Create a mindfulness activity, such as deep breathing or meditation, to help manage stress and anxiety:*

## Asthma and Physical Activity

*How can physical activity affect asthma? Write your answer in the space provided:*

*Physical activity can trigger asthma symptoms in some people, but regular exercise can also help improve lung function and overall health. It's essential to work with a healthcare provider to develop an exercise plan that takes into account asthma management.*

## Workout Plan

*Create a workout plan that takes into account asthma management:*



## Asthma and Nutrition

*How can nutrition affect asthma? Write your answer in the space provided:*

*A healthy diet can help manage asthma by reducing inflammation, improving lung function, and boosting the immune system. It's essential to eat foods rich in antioxidants, omega-3 fatty acids, and fiber.*

## Meal Plan

*Create a meal plan that takes into account asthma management:*

## Conclusion and Reflection

*What did you learn about asthma and key vocabulary building? Write your reflection in the space provided:*

*Reflect on what you learned and how you can apply it to your daily life to manage asthma effectively.*

## ELL/ESL Support Strategies

*What are some ELL/ESL support strategies that can be used to support vocabulary building and comprehension?*

*ELL/ESL support strategies include visual aids, graphic organizers, collaborative learning activities, scaffolding techniques, and modified assessments and feedback strategies.*

# Asthma Management and Treatment

Asthma management and treatment involve a combination of medications, lifestyle changes, and avoidance of triggers. Medications may include bronchodilators, corticosteroids, and immunomodulators. Lifestyle changes may include quitting smoking, avoiding secondhand smoke, and maintaining a healthy weight. Avoiding triggers such as dust, pollen, and pet dander can also help manage asthma symptoms.

## Example: Asthma Action Plan

An asthma action plan is a written document that outlines the steps to take to manage asthma, including medications, lifestyle changes, and emergency procedures. It should be developed in collaboration with a healthcare provider and reviewed regularly to ensure it remains effective.

## Asthma and Comorbidities

Asthma often co-occurs with other health conditions, such as allergies, eczema, and obesity. These comorbidities can impact asthma management and treatment, and vice versa. For example, allergies can trigger asthma symptoms, while eczema can increase the risk of developing asthma. Obesity can also worsen asthma symptoms and reduce the effectiveness of medications.

## Case Study: Asthma and Allergies

A 10-year-old boy with asthma and allergies experiences frequent asthma attacks during peak pollen seasons. His healthcare provider recommends avoiding outdoor activities during peak pollen hours and using allergy medications to reduce symptoms. With proper management, the boy's asthma symptoms improve, and he is able to participate in outdoor activities without experiencing severe asthma attacks.

## Asthma and Emotional Well-being

Asthma can have a significant impact on emotional well-being, particularly in children and adolescents. The stress and anxiety of managing a chronic condition can lead to feelings of frustration, sadness, and isolation. It is essential to address these emotional concerns through counseling, support groups, and stress-reducing activities such as yoga or meditation.

### Reflection: Asthma and Emotional Well-being

Reflect on how asthma has impacted your emotional well-being. What strategies have you used to manage stress and anxiety related to your asthma? How can you incorporate stress-reducing activities into your daily routine to improve your overall well-being?

## Asthma and School

Asthma can impact a child's ability to participate fully in school activities, particularly if symptoms are not well-managed. It is essential for parents, teachers, and healthcare providers to work together to develop a plan to manage asthma symptoms in the school setting. This may include providing access to medications, creating an asthma action plan, and educating teachers and staff about asthma management.

### Group Activity: Asthma and School

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Divide into small groups and discuss the following scenario: A child with asthma is experiencing frequent asthma attacks during physical education class. What strategies can be implemented to help manage the child's asthma symptoms and ensure their safety during physical activity?

## Asthma and Career

Asthma can impact career choices and job performance, particularly in industries that involve exposure to asthma triggers such as dust, chemicals, or extreme temperatures. It is essential for individuals with asthma to consider their career options carefully and take steps to manage their asthma symptoms in the workplace. This may include discussing accommodations with employers, using personal protective equipment, and taking regular breaks to use medications.

## Example: Asthma and Career

A 25-year-old woman with asthma is considering a career as a baker. She is concerned about the potential impact of flour dust on her asthma symptoms. She discusses her concerns with her employer and develops a plan to reduce her exposure to flour dust, including wearing a mask and taking regular breaks to use her medications.

## Asthma and Travel

Asthma can impact travel plans, particularly if individuals are traveling to areas with high levels of air pollution or other asthma triggers. It is essential to research destinations carefully and take steps to manage asthma symptoms while traveling. This may include packing medications, avoiding triggers, and staying hydrated.

### Case Study: Asthma and Travel

A 30-year-old man with asthma is planning a trip to a city with high levels of air pollution. He researches the city's air quality and develops a plan to manage his asthma symptoms, including packing his medications and avoiding areas with high levels of pollution. He also stays hydrated and takes regular breaks to rest and use his medications.

## Conclusion and Future Directions

In conclusion, asthma is a complex and multifaceted condition that requires comprehensive management and treatment. By understanding the causes, symptoms, and treatment options for asthma, individuals can take control of their condition and improve their overall quality of life. Future directions for asthma research and treatment include the development of new medications and therapies, as well as increased awareness and education about asthma management and prevention.

### Reflection: Conclusion and Future Directions

Reflect on what you have learned about asthma and its management. What strategies can you implement in your daily life to improve your asthma symptoms and overall well-being? What future directions do you think are most promising for asthma research and treatment?



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## Introduction to Asthma and Key Vocabulary Building for ELL Students

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