

# Asthma 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.

The **LQ Test** has been developed by the American College of Allergy, Asthma & Immunology.

Log on to the ACAAI's home page at [www.acaai.org](http://www.acaai.org) for more information about the diagnosis and treatment of asthma.

ACAAI American College  
of Allergy, Asthma  
& Immunology

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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** (or “**LQ**”). Just pick up a pencil or pen and answer these 20 questions. Then look on the back to see if you need to take steps toward a better **LQ**.

**Yes**    **No**

- When I walk or do simple chores, I have trouble breathing or I cough .....
- 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 .....
- Sometimes I avoid exercising or taking part in sports like jogging, swimming, tennis or aerobics because I have trouble breathing or I cough .....
- I have been unable to sleep through the night without coughing attacks or shortness of breath .....

- Sometimes I can't catch a good, deep breath .....
- Sometimes I make wheezing sounds in my chest .....
- Sometimes my chest feels tight .....
- Sometimes I cough a lot .....

- Dust, pollen and pets make my breathing more difficult .....
- Cold weather makes my breathing more difficult .....
- My breathing problem gets worse when I'm around tobacco smoke, fumes or strong odors .....
- When I catch a cold, it often goes into my chest .....

- I made one or more emergency visits to a doctor in the past year because of my breathing problems .....
- I had one or more overnight hospitalizations due to breathing problems in the past year .....

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

- I feel like I use my asthma inhaler too often .....
- Sometimes I don't like the way my asthma medicine makes me feel .....
- My asthma medicine doesn't control my asthma .....
- My asthma controls my life more than I would like .....
- I feel tension or stress because of my asthma .....
- I worry that my asthma affects my health or may even shorten my life .....