Life Quality Test

May 25, 2011

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 answer these 20 questions to see if you need to take steps toward a better LQ.

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

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.

Click here to download a PDF of the Life Quality test.
Click here to read the Real Heath article on bedbugs and other allergy and asthma-causing drama.

The LQ Test has been developed by the American College of Allergy, Asthma & Immunology and is part of the ACAAI’s Nationwide Asthma Screening Program. Log on to http://www.AllergyAndAsthmaRelief.org *for more information about the diagnosis and treatment of asthma.*

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