



Asthma

Let's Think

1. Do you know what asthma is?
2. Do you or your friends suffer from asthma?

You are Leon. You are reading the transcript of an interview between a doctor and a TV host.

Hello everyone! Welcome to our programme 'Health News You Should Know'. I'm your host, Lydia. Today we've invited Dr Wong to give us more information about asthma.

Hello everyone!

5 Dr Wong, can you tell us what asthma is? Is it coughing?

Coughing is just one of the symptoms. Let me explain in detail. If a person who has asthma comes in contact with something he is allergic to, like dust, tobacco smoke or cold air, he would find it very difficult to breathe. The allergy causes the muscular walls around the person's airway to tighten.

Who usually suffers from asthma?

Children are the major sufferers of asthma. They may not have a relapse when they get older. However, the unlucky ones will continue to suffer from it even after they have become adults. Some of my patients didn't have their first asthma attack until they reached their 50s.

20 It sounds terrible. So is there a cure for it?

Unluckily there isn't. But there are several medicines to soothe the symptoms, and they are prescribed by doctors.

25 What can we do to help those who are having an asthma attack?

First, stay calm. Then, help the patient sit in the proper posture. Ask him to breathe slowly. And the most important of all, ask the patient if he has brought along any medicine with him.

Host

Thank you Dr Wong for the detailed explanations and the advice.

Dr Wong

You're welcome!

Stay tuned for next week's programme!

(239 words)

Part A

Answer the following questions using the information from the interview script. Choose the **BEST** answer and blacken **ONE** circle only.

1. Asthma sufferers should stay away from _____.
 A. a smoker who is about to light a cigarette
 B. dust
 C. cold air
 D. all of the above
2. During an asthma attack, _____.
 A. the sufferer keeps coughing and sneezing
 B. the sufferer breathes very slowly
 C. the sufferer has to stand up straight
 D. the muscular walls around the airway of the sufferer tighten
3. Read line 21, the word 'cure' means '_____'.
 A. a medicine that can only be prescribed by doctors
 B. a food that treats coughing
 C. an effective treatment for a particular disease
 D. an allergen that worsens a disease's symptoms
4. Read line 27. What does 'proper' mean?
 A. serious
 B. correct
 C. real
 D. good
5. According to Dr Wong, _____.
 A. most of the asthma sufferers are adults
 B. asthma can be cured
 C. as child patients grow up, some of them may not experience the symptoms again
 D. asthma sufferers can get asthma medicine from pharmacies

Grammar Corner

We can use **modal verbs** such as '**will**' and '**may**' to talk about possibility.

We use 'may' to talk about something that is possible to happen.

e.g. *They may not have a relapse when they get older.*
(Lines 15-16)

We use 'will' to talk about something that is very likely to happen.

e.g. *However, the unlucky ones will continue to suffer from it even after they have become adults.*
(Lines 16-18)

Part B

Answer the following questions using the information from the interview script. Write your answers in the spaces provided.

1. Dr Wong is most likely a specialist in _____.

- A. infectious diseases B. child's diseases
 C. skin conditions D. respiratory diseases

2. Name one symptom of asthma.

3. According to Dr Wong, what is the most important thing to do when helping a patient who is suffering from a sudden asthma attack?

4. Does asthma only happen to kids? How do you know?



5. Suppose your little brother suddenly suffered from an asthma attack. What could you do to help him immediately? Fill in each blank with one word to complete the following flow chart.

Help him sit in the correct

(a) _____



Tell him not to worry but to

(b) _____ slowly

6. Find an idiom in the interview script which means 'to keep watching a television show or listening to a radio broadcast'.

7. Which of the following will **NOT** be the title of next week's programme?

- A. 'Superfood' B. 'Sleeplessness'
 C. 'Food Waste' D. 'Exercising'

Vocabulary Bank

The following are some common conditions. Match them with the correct pictures. One of the words is not used.

diarrhoea dizziness insomnia eczema nausea
stomachache sunburn sunstroke swollen feet



1.



2.



3.



4.



5.



6.



7.



8.



Let's Discuss

1. Can you think of some ways to strengthen your body?
2. Do you think one must see a doctor whenever one feels unwell?