



## Asthma Vocab Answers

1. **airways:** tubes in lungs through which air travels; also called bronchial tubes or bronchi.
2. **alveoli:** tiny air sacs in the lungs.
3. **asthma:** a condition that causes trouble breathing because of problems with the airways.
4. **bronchoconstriction:** when the muscles surrounding the airways tighten.
5. **bronchodilator:** a medication that dilates (opens) the airways, or bronchial tubes.
6. **histamine:** substance in the body that's released during an allergic reaction; when histamine affects the lungs, a person with asthma may have breathing problems.
7. **inhaler:** a device that can get asthma medicine directly into a person's lungs.
8. **lungs:** work with your respiratory system to allow you to take in fresh air, get rid of stale air, and even talk.
9. **mucus:** sticky stuff that protects and lubricates mucous membranes in your mouth, nose, lungs, stomach, and intestines.
10. **nebulizer:** a machine that turns liquid medicine into a mist that can be breathed in.
11. **spacer:** attaches to an inhaler on one end and to a mouthpiece or mask on the other end, making it easier to use an inhaler.
12. **trachea:** the windpipe - it carries air into and out of the lungs.
13. **triggers:** anything that brings on asthma symptoms.

