



Any Age

# Learning About Asthma Lapbook



A Journey Through Learning  
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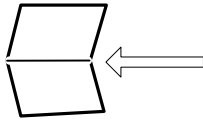
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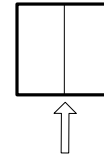
**SAMPLE PAGE**

## Things to Know

### Hamburger Fold-Fold horizontally



### Hotdog Fold-Fold vertically

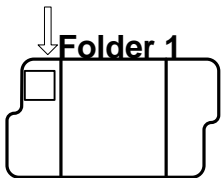


**Dotted Lines**-These are the cutting lines.

**Accordion Fold**-This fold is like making a paper fan. Fold on the first line so that title is on top. Turn over and fold on next line so that title is on top again. Turn over again and fold again on the next line so that title is on top. Continue until all folds are done.

**Cover Labels**-Most of the booklets that are folded look nicer with a label on top instead of just a blank space. They will be referred to as “cover label.”

### How do I know where to place each template in the folder?



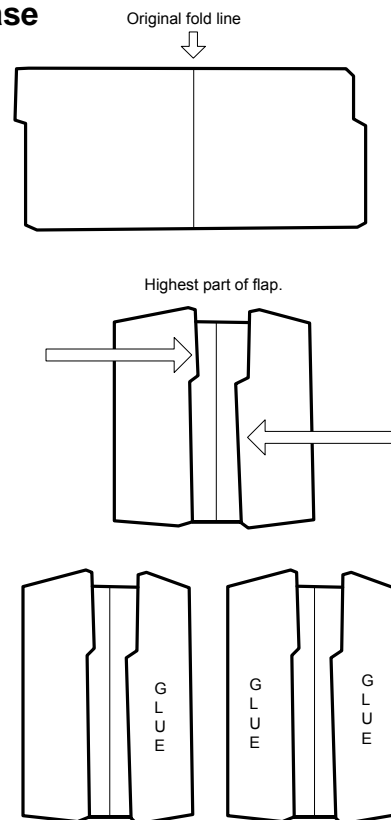
This placement key tells you the template goes in the first folder at the top of the left flap.

### Folding a Lapbook Base

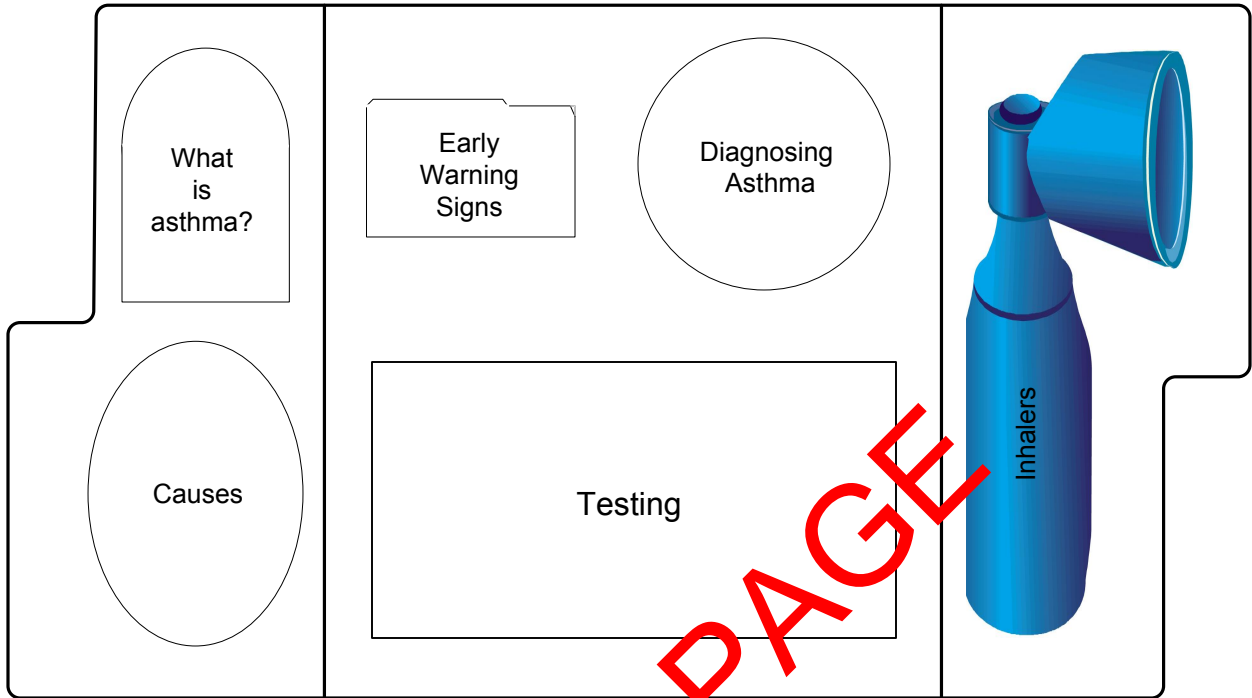
Gather the number of folders required for the project. Fold them flat as seen here.

For each folder, fold the left and right sides inward toward the original line to create two flaps. Crease so that the highest part of each flap is touching the original line. It is important not to let the two flaps overlap. *You may want to take a ruler and run it down each crease to make it sharper.*

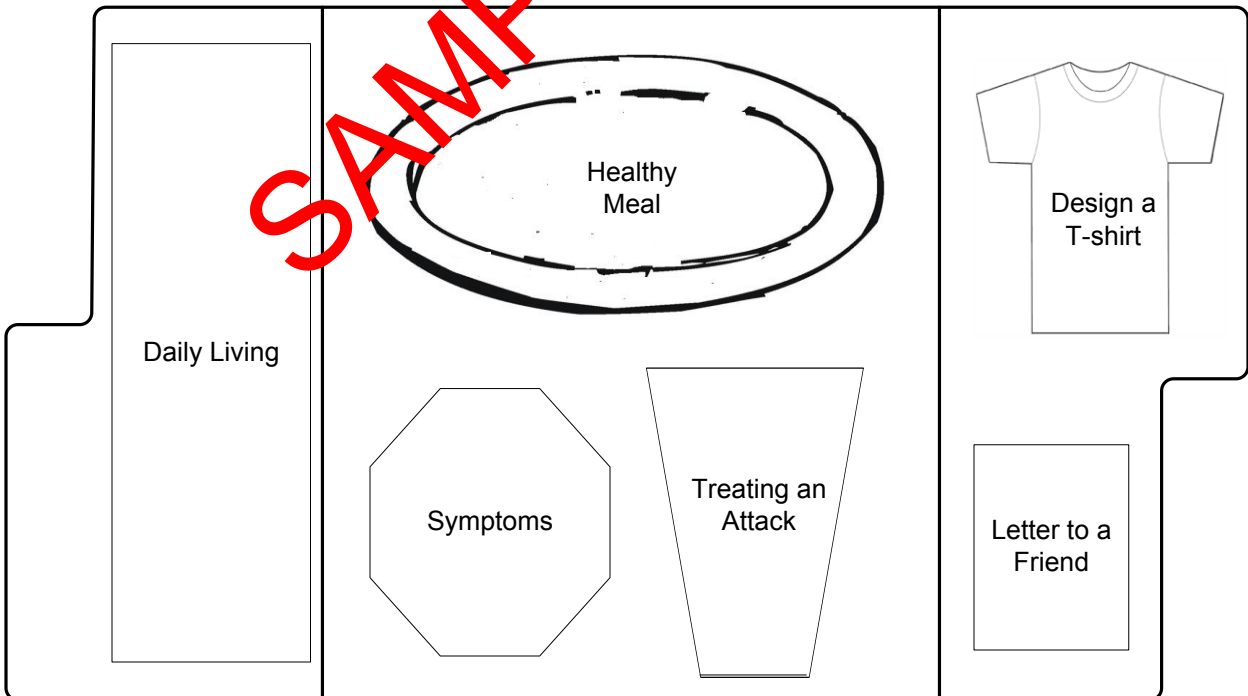
Glue your folders together by putting glue (or you may staple) on the inside of the flaps. Then press the newly glued flaps together with your hands until they get a good strong hold to each other. Follow this step to add as many folders as you need for your project. Most of our lapbooks have either 2 or 3 folders.



## Folder 1



## Folder 2



## Complete the Scene

Cut out the scene on the dotted line. Glue to the front of your lapbook. Write an adjective (describing word) for each letter in the word "asthma."

A

S

T

H

M

A

SAMPLE PAGE

# Asthma

Asthma, sometimes called *bronchial asthma* or *reactive airway disease*, is a chronic disease involving the airways in the lungs.

These airways, or bronchial tubes, allow air to come in and out of the lungs. During normal breathing the muscles around the airways in the lungs are relaxed. When someone has asthma, environmental triggers make the muscle surrounding the airways tighten, and air cannot move freely. The airways of people with asthma are extremely sensitive, and these airways tend to overreact and narrow when exposed to the slightest triggers. People with asthma also have red and swollen bronchial tubes. This is known as inflammation, and it can cause long-term lung damage.

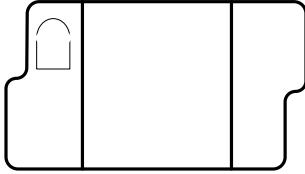
Asthma makes breathing difficult for more than 34 million Americans. The cost of illness related to asthma is around \$6.2 billion per year in the United States alone. Each year, there are approximately 500,000 asthma related hospitalizations. Children younger than 18 years of age account for about half of the asthma cases seen in Emergency Rooms each year. Asthma also accounts for a large number of school absences and days missed from work every year.

There are several different types of asthma and each type has triggers that are specific to that particular type. The three main types are:

- **Allergic asthma:** Asthma that is triggered by environmental irritants like pet dander and pollen.
- **Occupational asthma:** Asthma that is triggered by inhaling fumes, gases, dust, or other potentially harmful substances while on the job.
- **Exercise-induced asthma (EIA):** Asthma that is triggered by exercise or physical activity.

There is no cure for asthma, but once it has been properly diagnosed and a treatment plan is in place, it is easier to manage the symptoms. An allergist or immunologist is the best qualified physician for diagnosing and treating asthma. With the help of an allergist, most people can maintain control of their asthma and participate in normal activities.

**Folder 1**



**Read Asthma.**

Cut out each piece on this page. Fasten together at the top with a brad (or staple). Glue into lapbook.

**Directions:** In the booklet, write what you have learned.



**What  
is Asthma?**

A large, arched frame containing seven horizontal lines for writing. The lines are evenly spaced and extend across the width of the frame. A red watermark is overlaid on this section.

**SAMPLE PAGE**

## What Causes Asthma?

Asthma has many causes, or triggers. These triggers may change as a person ages. A person's reaction to a trigger may also change with treatment. Common triggers of asthma include the following:

- **Respiratory infections:** These are usually viral infections, like a cold or the flu.
- **Allergens:** An allergen is anything in the surrounding environment that causes an allergic reaction. This includes foods, pet dander, molds, or dust mites. Allergens can also be seasonal outdoor allergens like pollens, grass, and trees.
- **Irritants:** These are things like tobacco smoke, cold air, chemicals, paint odors, hair sprays, and air pollutants that are inhaled and can cause irritation in the lungs and result in asthma symptoms.
- **Weather changes:** Asthma attacks can be related to changes in the weather, especially cold weather. Other weather factors such as humidity and temperature can affect how many allergens and irritants are in the air and inhaled.
- **Exercise:** In some patients, exercise can trigger asthma. Exactly how exercise triggers asthma is unclear, but it may have to do with heat and water loss and temperature changes that occur during exercise.
- **Emotional factors:** Some people can have asthma attacks that are caused or made worse by emotional upsets.
- **Gastroesophageal reflux disease (GERD):** GERD is another name for heartburn symptoms. GERD is related to asthma because small amounts of stomach acid that pass from the stomach through the food pipe (esophagus) into the lungs can irritate the airways.
- **Food Allergies:** While it's not common for food allergies to cause asthma symptoms, food allergies can cause a severe life-threatening reaction.
- **Aspirin and Other Drugs:** Some people with asthma cannot take aspirin or NSAIDs because of sensitivity to aspirin or other medications that help relieve pain.