

# Asthma: The Soap Opera

## WE ARE NEW YORK

### Study Guide



**LEARN  
ENGLISH!**

# STUDY GUIDE CONTENTS

---

## The Story

Pages 1 - 10

---

## Exercises

Pages 11 - 27

---

## Helpful Information

Page 28

---

## Dictionary

Pages 29 - 30

---

## Dear Mario

Page 31

---

## Answers

Page 32

---

### Read

the story in the  
Study Guide.

### Watch

the show  
on TV.

### Learn

English  
with our stories.

## Acknowledgments

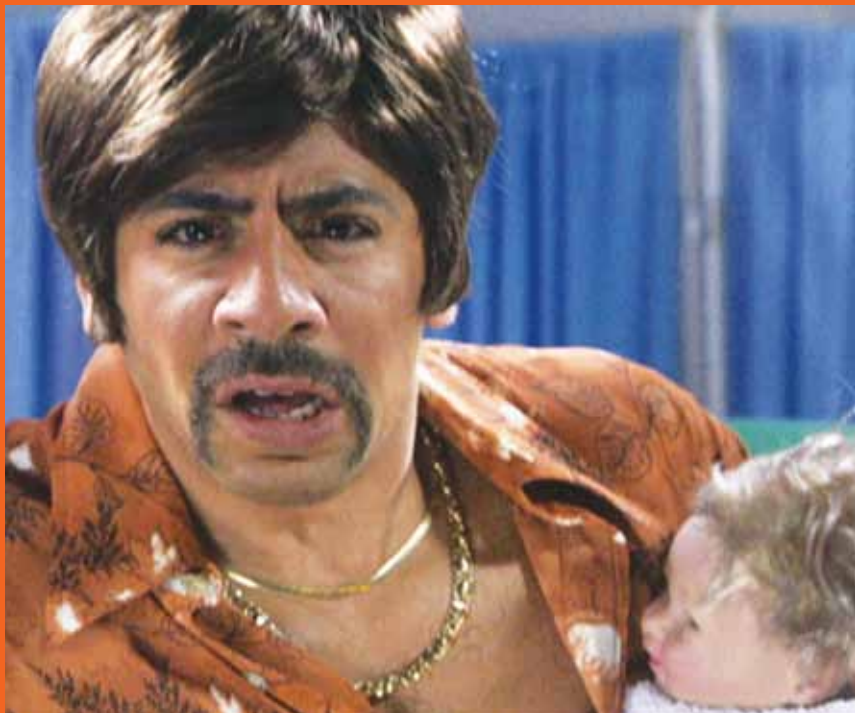
**We Are New York Study Guides:** Created and written by David Hellman, Rebecca Leece and Hillary Gardner of The City University of New York. Designed by Renée Skuba and Christian Luis. Screen captures by Hiroko Takeda and Matt Harvey. Cover art by Stedroy Cleghorne. Translations by Eriksen Translations Inc. Design Director: André Pennycooke. Senior Advisor and Editor: Leslee Oppenheim. Project Director: David Hellman.

**We Are New York TV (Asthma: The Soap Opera episode):** Created by Leslee Oppenheim and Anthony Tassi. Produced by Andrzej Krakowski and Bob Perkis. Directed by Marc Lesser. Written by David Hellman, Kayhan Irani, Sandra Sollod Poster and Anthony Tassi.

Special Thanks: Dennis Walcott and John Mogulescu; Fatima Ashraf, Elyse Barbell, Kate Brandt, Gayle Cooper, Ken English, Vicki Herschman, Steve Hinds, Kayhan Irani, Marilyn Rymniak, Sam Seifnourian, Hilary Sideris, Moira Taylor, Ramon Tercero and K Webster; and Linda Avitabile, Lalit Bajaj, Carlo Baldi, Natalie Bredikhina, Bruce Carmel, Lynn Corwin, Bidyut Das, Caryn Davis, Laura Dotterer, Victor Edrosolan, Larry Fish, Maggie Gilliam, Erna Golden, Lizelena Iglesias, Andrea Lawrence, Elke Lerman, Osmara Lopez, Paula Michelin, Nick Miraflores, Doug Montgomery, Melissa Nieves, Joachim Oppenheim, Jennifer Outlaw, Mary Poole, Ellen Quish, Diana Raissis, Mara Raizer, Eric Rosenbaum, Susanna Stefanovic and Qinghong Wang.

# Asthma: The Soap Opera

**Mario is the star of a TV love story...**



**...and his son has asthma!  
What will Mario do?**

# Mario and Angela

Mario and Angela are in love. But there is a problem.



---

Mario is heartbroken.



**heartbroken** = very, very sad



---

Angela is leaving!



---

Mario is alone with his sick baby.



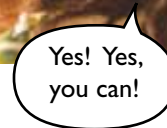
# Mario and María

The doorbell rings.



---

María is Mario's ex-girlfriend.



---

María loves Mario, but Mario loves Angela.  
And he has to take care of his sick baby!



# At the Doctor's Office

Mario takes his baby to the doctor. María goes with him.



---

María notices the doctor! The doctor notices María!





---

The nurse gives Mario advice about controlling his son's asthma.



And you will have to make a plan...



...to manage your son's asthma.

---

But Mario doesn't know what "manage" means.



Manage?



# Managing Asthma

Mario talks to a man who has asthma. Mario gets advice.

The nurse said I have to manage my baby's asthma. What does that mean?



This man is an expert!



I must clean my house!

Yeah, manage... There are things you must do to help your son control his asthma.



I take this medicine every day. Even when I feel good.



There are many triggers that can make your son's asthma get worse. For me, it's dust. I need to clean the apartment all the time.



**triggers** = things that make asthma get worse: dust, cigarette smoke, cats, feather pillows and cockroaches (for example)

# Cleaning Mario's House

Mario cleans his house. He has to get rid of the dust. María helps him.



María is in the bedroom, cleaning. The doorbell rings.



get rid of = remove

---

It's Angela – Mario's true love! She's back!



---

María comes out of the bedroom!





---

María explains. The doorbell rings again.



---

The doctor came to see María. They have a date!





# Mario and Angela Forever

Mario and Angela are alone.



---

Their dream has come true.



Yes! Our dream will finally come true. We can be together at last. Forever and ever.

## Who We Are

Complete the sentences. Follow the example.

Angela • doctor • María • ~~Mario~~ • nurse



1. My name is Mario .

I have a very complicated life. My wife died in a car crash. My girlfriend, Angela, is leaving me. My ex-girlfriend, María, wants to come back. My baby son has asthma. I need help!

2. My name is \_\_\_\_\_ .

I'm in love with Mario, but I have to leave him. I have no choice. My father thinks Mario is not a good man. What can I do?



3. My name is \_\_\_\_\_ .

I am Mario's ex-girlfriend. But I never stopped loving him. I want to take care of Mario, but he still loves Angela. Now, I met the doctor! What should I do?





4. I'm the \_\_\_\_\_. Asthma is a serious illness, but there is medicine that will help. Mario has to make a plan to manage his son's asthma. And I hope to make a plan to see María!

5. I am the \_\_\_\_\_.

I help Mario make a plan to manage his son's asthma.  
I like the doctor, but the doctor likes María.



6. I have asthma. Most of the time I feel fine.  
I take medicine every day, and my wife quit smoking. Now, she can breathe again, and so can I!

**Here are some other characters in *Asthma: The Soap Opera*.  
Watch the show and meet them.**

I am the director of  
the TV soap opera.



**We have asthma, too.  
We can give Mario advice.**

## What Happens?

Complete the sentences. Follow the example.

get back • is • leaves • ~~loves~~ • must take • says

1. Mario loves Angela, but Angela \_\_\_\_\_ him because of her father.
2. María \_\_\_\_\_ Mario's ex-girlfriend.
3. María wants to \_\_\_\_\_ together with Mario, but Mario \_\_\_\_\_ no.
4. Mario \_\_\_\_\_ his baby to the doctor.

can be • comes back • get rid of • gets advice  
give • is interested • is shocked • manage • thinks

5. The doctor says Mario must \_\_\_\_\_ his son medicine every day.
6. The nurse says Mario must make a plan to \_\_\_\_\_ his son's asthma.
7. Mario \_\_\_\_\_ from a man who has asthma.
8. María helps Mario \_\_\_\_\_ the dust in his house.
9. When Mario and María are cleaning, Angela \_\_\_\_\_.
10. Angela \_\_\_\_\_ and jealous when she sees María.
11. Angela \_\_\_\_\_ Mario and María are in love.
12. But María \_\_\_\_\_ in the doctor.
13. Mario and Angela \_\_\_\_\_ together at last.



# Where Is It?

### Find these things in the story.

**Write the page number(s). Follow the example.**



1. flower earring
2. suitcase
3. stethoscope
4. x-ray
5. inhaler (asthma pump)
6. vacuum cleaner
7. pillow
8. "No Smoking" sign

# Talking about Asthma

Find the meaning. Follow the example.



- |                  |                    |  |
|------------------|--------------------|--|
| 1. asthma        | _____              | control asthma                             |
| 2. get sick      | _____ <sup>1</sup> | lung disease that makes it hard to breathe |
| 3. get worse     | _____              | things that make asthma worse              |
| 4. inhaler       | _____              | small pieces of dirt                       |
| 5. manage asthma | _____              | become ill                                 |
| 6. get rid of    | _____              | become sicker                              |
| 7. triggers      | _____              | pump for asthma medicine                   |
| 8. dust          | _____              | remove                                     |

# Talking about Asthma

Complete the sentences. Follow the example.



asthma • manage • medicine • plan • ~~serious~~

**Mario:** Doctor, is it (1) serious?

**Doctor:** You must give your son (2) \_\_\_\_\_  
every day to control the (3) \_\_\_\_\_.  
Here! Take these for your son.

**Nurse:** And you will have to make a (4) \_\_\_\_\_  
to (5) \_\_\_\_\_ your son's asthma.

**Mario:** Manage?

## Talking about Asthma

Complete the sentences. Follow the example.



control • dust • get worse • ~~manage~~  
mean • medicine • triggers

**Mario:**

The nurse said I have to (1) manage my baby's asthma. What does that (2) \_\_\_\_\_?

**Man with asthma:**

Yeah, manage... There are things you must do to help your son (3) \_\_\_\_\_ his asthma.



I take this (4) \_\_\_\_\_ every day. Even when I feel good.

There are many (5) \_\_\_\_\_ that can make your son's asthma (6) \_\_\_\_\_. For me, it's (7) \_\_\_\_\_. I need to clean the apartment all the time.



# Talking about Asthma



**must** = necessary

**doesn't have to** = not necessary

Circle **must** or **doesn't have to**. Follow the example.

1. Mario must / doesn't have to take his baby to the doctor.
2. Mario must / doesn't have to give his son medicine.
3. Mario must / doesn't have to make a plan to manage his son's asthma.
4. Mario must / doesn't have to find out what makes his son's asthma get worse.
5. Mario must / doesn't have to get rid of the dust in his house.
6. Mario must / doesn't have to cry anymore.

# How Does Mario Feel?

Look at the pictures. Say the words.



**shocked** = very surprised  
**in a panic** = when you are suddenly afraid

# How Did You Feel, Mario?

confused • ~~heartbroken~~ • in a panic  
in love • interested • shocked

**You are Mario. Say how you felt! Follow the example.**

1. How did you feel when Angela was leaving you?

I was heartbroken because I love her.

2. How did you feel when the nurse said you had to “manage” your son’s asthma?

I was \_\_\_\_\_ because I didn’t understand.

3. How did you feel when you were listening to the man with asthma?

I was \_\_\_\_\_ because he gave me good information.

4. How did you feel when María asked about the bedroom?

I was \_\_\_\_\_ !

5. How did you feel when Angela saw María with the pillows?

I was \_\_\_\_\_ because I didn’t want Angela to get the wrong idea.

6. How did you feel when Angela kissed you?

I was \_\_\_\_\_ . 

**You are Mario! Say the words out loud.**

# Look into the Crystal Ball

## See the Future



Angela • The baby • The doctor • María • ~~Mario~~

**Complete the sentences about the future. Follow the example.**

1. Mario **will make** a plan to manage his son's asthma.
2. \_\_\_\_\_ **will forget** Mario eventually.
3. \_\_\_\_\_ **will go** on many dates with María.
4. Mario and \_\_\_\_\_ **will be** together forever.
5. \_\_\_\_\_ **will feel** better when Mario gives him the medicine and gets rid of the asthma triggers at home.



# Good Question!



**You are Mario. Ask about asthma. Follow the example.**

1. **Mario:** What does “manage” mean?

**Man with asthma:** It means to control the asthma.

2. **Mario:** \_\_\_\_\_

**Man with asthma:** Yes, I have to take two kinds of medicine.

3. **Mario:** \_\_\_\_\_

**Man with asthma:** The things that make asthma worse.

4. **Mario:** \_\_\_\_\_

**Man with asthma:** Dust, cigarette smoke, cockroaches, feather pillows, cats and other things.

5. **Mario:** \_\_\_\_\_

**Man with asthma:** Call 311 to learn about free or low-cost health care for your child.

**You are Mario! Ask your questions out loud.**

# What Can You Say?

Please don't  
do this to me!

I'll be with  
you forever!

It's not  
what you think!

I will think  
of you always.

I have never stopped  
loving you.

**You are a soap opera star! What can you say?  
Follow the example.**

1. You are **Mario**. Angela is leaving you. Tell Angela not to break your heart.

*Please don't do this to me!*

2. You are **Angela**. Tell Mario you will always remember him.

3. You are **María**. Tell Mario your love for him never died.

4. You are **Mario**. María is holding your pillow. Tell Angela not to get the wrong idea.

5. You are **Angela**. Tell Mario that you will never leave.

**You are a soap opera star! Say the words with emotion!**

# What Can You Do?

Match the problem with the best solution. Follow the example.

## Problem

## Solution

1. Your son can't breathe.  
The asthma medicine isn't helping.

A

• **Call 311.**

Say: *I need a doctor for my child.*

Ask: *Is there a children's health clinic in my neighborhood?*

2. You sometimes have trouble breathing.

B

• **Call 911 or go to the hospital right away.**

Say: *My son is having an asthma attack.*

3. You need to find a doctor for your child.

C

• **Call 311.**

Say: *I don't have health insurance.*

Ask: *Is there a special program for me?*

• **Go to:**

**[www.nyc.gov/HealthStat](http://www.nyc.gov/HealthStat)**

4. You or your family don't have health insurance.

D

• **Call 311.**

Say: *I need help to quit smoking.*

Ask: *Can you help me?*

5. Your child has asthma.  
You are a smoker.

E

• **Make a doctor's appointment.**

Say: *I have trouble breathing.*

Ask: *Can you test me for asthma?*

Go to [www.nyc.gov/LearnEnglish](http://www.nyc.gov/LearnEnglish). Learn more about managing asthma.  
Get information in Arabic, Bengali, Chinese, Russian and Spanish.

## Watch the Show

### Who says it?

Watch **Asthma: The Soap Opera**. Listen carefully.  
Find out who says these lines.

Who says it?

1. "Cut! Cut! Cut!"
2. "I don't think you know enough about asthma."
3. "Just read your lines, what's written on the paper."
4. "If you call 311, you can get health insurance for your son."
5. "And there are special clinics just for kids, too."
6. "I never leave home without my inhaler."
7. "I used to have a cat. But then, I had to say 'goodbye' to her."

---

---

---

---

---

---

---



the director



Mario



boy with asthma



girl with asthma



# Watch the Show

## What's going on?

What do you think is going on in these pictures?

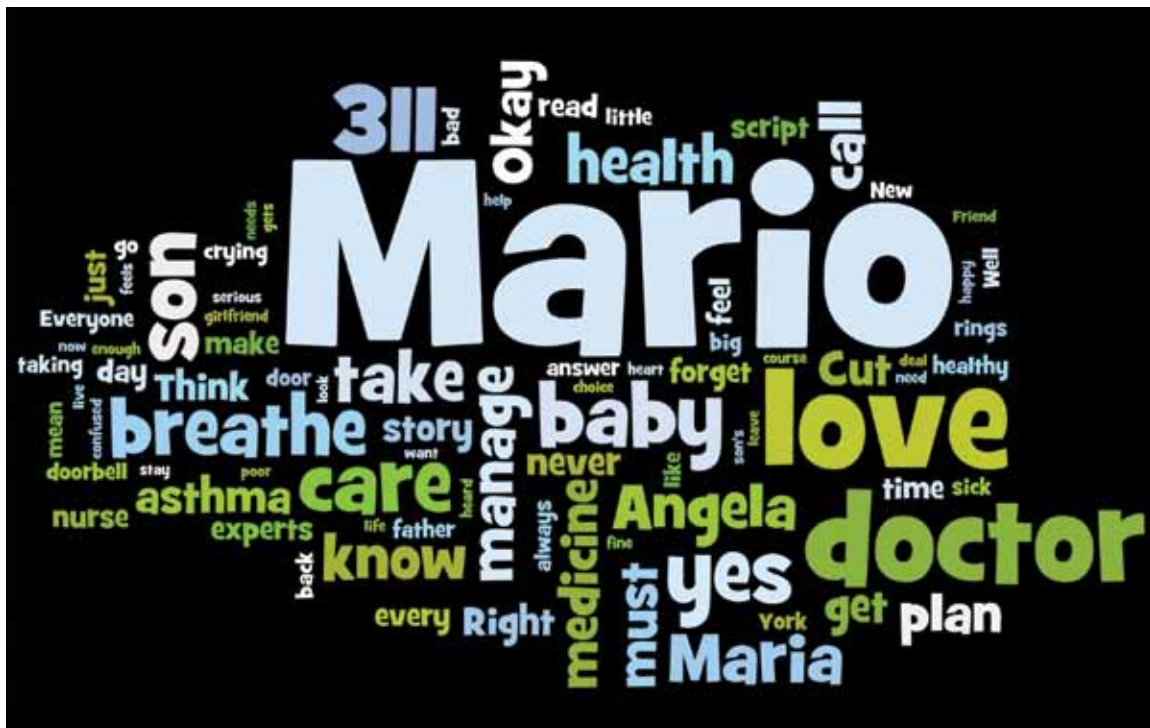


Watch **WE ARE NEW YORK • Asthma: The Soap Opera**  
to find out what is going on.

Go to **[www.nyc.gov/LearnEnglish](http://www.nyc.gov/LearnEnglish)**.  
Or watch the show on TV.

# Tell the Story

**Use these words to tell a friend about Asthma: The Soap Opera.**



**Find 5 health words.**

- 1.
- 2.
- 3.
- 4.
- 5.

**Find 5 characters from the story.**

- 1.
- 2.
- 3.
- 4.
- 5.

Word picture: [www.wordle.net/](http://www.wordle.net/)

# What You Can Do

## To Learn More English

- ✓ Get together with friends who are learning English, too. Watch **We Are New York** together. Do the exercises together.
- ✓ Read the story out loud with a friend—like actors on TV! It's a good way to learn.
- ✓ Take a free English class. Call 311 to get information, or go to **www.nyc.gov/AdultEducation** to find a program near you.
- ✓ Go to your local public library. To find the nearest library, call 311 or go to **www.nypl.org**, **www.brooklynpubliclibrary.org** or **www.queenslibrary.org**.
- ✓ If you have a high school diploma and want to improve your English and start college, go to **www.clip.cuny.edu** or **www.cuny.edu**.
- ✓ Make a list of words and expressions you learned from **Asthma: The Soap Opera**.

---

---

---

---

---

Visit the **We Are New York** website.

- Read the Study Guides.
- Practice your English.
- Watch videos of all the episodes.
- Read about your favorite characters!

**www.nyc.gov/LearnEnglish**



## Dictionary: Translations of Key Words

English	Español	中文
1. asthma	asma	哮喘
2. asthma attack	ataque de asma	哮喘發作
3. asthma triggers	desencadenantes del asma	哮喘誘因
4. avoid	evitar	避免
5. breathe	respirar	呼吸
6. dust	polvo	灰塵
7. get rid of	deshacerse; eliminar	消除
8. health clinic	clínica médica	健康診所
9. inhaler	inhalador	吸入器
10. manage asthma	manejar el asma	掌控哮喘
11. medicine	medicamento	藥物



العربية	বাংলা	Русский
الربو	অ্যাজমা বা হাঁপানি	астма
نوبة ربو	অ্যাজমার আক্রমণ, হাঁপানির টান	приступ астмы
مسببات الربو	অ্যাজমার ট্রিগার, হাঁপানির অনুঘটক	факторы, вызывающие обострение астмы
جَنب	এড়িয়ে চলা	избегать
تنفس	শ্বাস-প্রশ্বাস প্রক্রিয়া	дышать
تراب	ধূলা-বালি	пыль
تخلص من	মুক্তি পাওয়া	избавиться от
عيادة صحية	স্বাস্থ্য ক্লিনিক, স্বাস্থ্য কেন্দ্র	клиника
منشاق	ইনহেলার	ингалятор
السيطرة على الربو	অ্যাজমা / হাঁপানি নিয়ন্ত্রণ	контролировать астму
دواء	ঔষুধ	лекарство

# Dear Mario

**Write a letter to Mario.**

**Ask him a question.**

**Give him advice.**

**Tell Mario *your* story!**



Dear Mario,

Sincerely yours,

Send your letter to [www.nyc.gov/LearnEnglish](http://www.nyc.gov/LearnEnglish). Click on **Tell Us Your Story**.

Or mail your letter to:

**We Are New York** • P.O. Box 807 • New York, NY 10116

# Answers

## Pages 11-12

1. Mario
2. Angela
3. María
4. doctor
5. nurse

## Page 13

1. loves, leaves
2. is
3. get back, says
4. must take
5. give
6. manage
7. gets advice
8. get rid of
9. comes back
10. is shocked
11. thinks
12. is interested
13. can be

## Page 14

1. pages 1, 2
2. page 2
3. pages 4, 9
4. page 4
5. page 6
6. page 7
7. pages 8, 9
8. pages 7, 9

## Page 15

1. lung disease that makes it hard to breathe
2. become ill
3. become sicker
4. pump for asthma medicine
5. control asthma
6. remove
7. things that make asthma worse
8. small pieces of dirt

## Page 16

1. serious
2. medicine
3. asthma
4. plan
5. manage

## Page 17

1. manage
2. mean
3. control
4. medicine
5. triggers
6. get worse
7. dust

## Page 18

1. must
2. must
3. must
4. must
5. must
6. doesn't have to

## Page 20

1. heartbroken
2. confused
3. interested
4. shocked
5. in a panic
6. in love

## Page 21

1. Mario
2. María
3. The doctor
4. Angela
5. The baby

## Page 22

1. What does "manage" mean?
2. Do you have to take medicine?
3. What does "triggers" mean?
4. Which triggers make your asthma get worse?
5. How can I pay for health care for my son?

## Page 23

1. Please don't do this to me!
2. I will think of you always.
3. I have never stopped loving you.
4. It's not what you think!
5. I'll be with you forever!

## Page 24

1. B
2. E
3. A
4. C
5. D

## Page 25: Watch the show for these answers.

1. the director
2. Mario
3. the director
4. girl with asthma
5. boy with asthma
6. girl with asthma
7. boy with asthma

## Page 27: There are other correct answers.

**Health words:** breathe, health, asthma, doctor, medicine

**Characters:** Mario, María, Angela, doctor, nurse

# WE ARE NEW YORK

**Learn English with our stories**

**Watch all nine episodes on TV.**

**Read the Study Guides.**

**Practice your English.**



[www.nyc.gov/LearnEnglish](http://www.nyc.gov/LearnEnglish)



Michael R. Bloomberg  
Mayor

Mayor's Office of  
Adult Education

Anthony Tassi  
Executive Director



The City  
University  
of  
New York