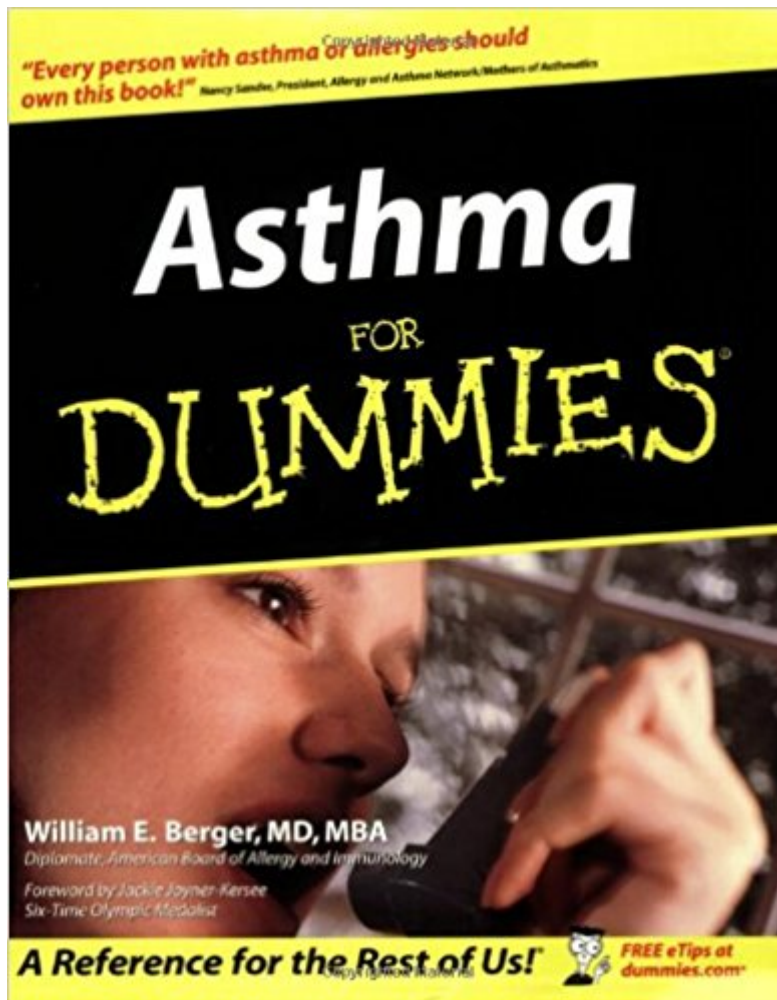




The book was found

Asthma For Dummies



Synopsis

The incidence of asthma is rising dramatically in the United States and across the globe. Asthma affects 17 million people in the U.S. and is the most common chronic childhood disease. If you or someone you love suffers from asthma, you know that there is no cure—however, with proper care, asthmatics can lead normal, active, and fulfilling lives. Now you can breathe easy with this plain-English guide, which clearly explains the prevention, diagnosis, symptoms, and treatment of the disease. Asthma For Dummies will help asthma sufferers and their loved ones get a strong handle on managing the disease. Dr. William Berger, one of the nation's foremost experts on allergies and asthma, gives you the tools you need to:

- Understand the relationship between allergies and asthma
- Identify your asthma triggers
- Prepare for your first doctor's visit
- Allergy-proof your home or office environment
- Avoid asthma complications
- Find outside support

Featuring up-to-date coverage of childhood asthma, this easy-to-understand guide covers all the vital issues surrounding asthma, including handling food allergies, exercising when asthmatic, asthma during pregnancy, and all the latest medications. You'll find tips on avoiding allergens that cause respiratory symptoms, testing for allergies, and dealing with HMOs. This fact-packed guide also features:

- A dedicated chapter to asthma in the elderly
- The latest information on Claritin and Clarinex, two common allergy medications taken by those with asthma
- The interrelationships between asthma and other respiratory complications of untreated allergy such as ear, sinus, tonsil, and adenoid disease
- Extensive information on controller drugs and rescue medications
- Future trends in asthma therapy
- Offering the latest on allergy shots and tips for traveling with asthma,

Asthma for Dummies will relieve your anxiety about asthma, help you control your triggers, and manage the disease long-term.

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Customer Reviews

â œâ |books in this series are well known for their easy-to-read and Asthma For Dummies is no exception.â • (The Airways Journal, March 2005) â œâ |you can breathe-easy with this plain-English guide which clearly explains the disease which affects so many peopleâ |â • (Pride Magazine, July 2004) â œâ |an extremely helpful and comprehensive book â “ essential reading for anyone with Asthmaâ |â • (Irish Examiner, 4th June 2004) â œâ |an invaluable source of information for all sufferersâ |â • (FT Newswire, 18 May 2004) "This really is one of the most informative guides around." (Daily Mail, September 9, 2008)

"Every person with asthma or allergies should own this book!" â "Nancy Sander, President, Allergy and Asthma Network/Mothers of Asthmatics Features up-to-date coverage of childhood asthma Identify your triggers and manage your asthma long-term Anxious about asthma? You can breathe easy with this plain-English guide, which clearly explains the diagnosis, symptoms, and treatment of the disease. Youâ ™ll find useful information on the relationship between allergies and asthma, exerciseâ ™s link to asthma, asthma during pregnancy and in the elderly, and all the latest medications. Praise for Asthma For Dummies "A must read for anyone who suffers or knows someone who suffers from asthma. Asthma doesn't mean you have to sit on the sidelines. You can even become an NFL running back!" â "Jerome Bettis, Running Back "You can still achieve your life-long Olympic dreams even with asthma." â "Al Joyner, Olympic Champion, first American in 80 years to win the Gold Medal in the Triple Jump "Take it from someone who knows what itâ ™s like to carry a handful of inhalers. . . . This is a book to breathe by!" â "Congressman Patrick J. Kennedy Discover how to: Use rescue medications Allergy-proof your home Deal with doctors and insurance Handle food allergies Avoid asthma complications Find outside support

I was skeptical of the name. However, I leafed through it (and many other asthma books) in a brick and mortar store before I bought this book. And I am so grateful! It's easy to read, but doesn't shy away from the technical and biological concepts you should know. It has nice diagrams for those of us who need the visuals to understand somewhat complicated biology. I feel so much more informed about my disease after having read this book. I feel like I can talk with my doctors and know what

questions to ask them, and understand their responses! I can honestly say that after reading this book, I was able to advocate for my own health enough that I feel I can breathe properly and happily now. There are medications and small lifestyle changes out there that can improve an asthmatic's quality of life immensely. But it is important first to understand the disease itself and then what each medication or technique may do to help. This book is a good start, and I highly recommend taking the step to improve your well-being.

Not a cover to cover read, It is a good resource. I have already had some definitions of the different medications cleared up. Doctors visits do not cover all necessary information. It will be more efficient than blind google searches.

This book was extremely helpful in answering my questions about a recurrence of asthma after being free of symptoms for many, many years. I learned that you never really outgrow asthma and a recurrence is not unusual. I thought the book focused too much on allergies and did not explain how humidity might effect asthma. My symptoms get worse on chilly nights after a day of rain so weather seems to be my asthma trigger. Also the book does not contain any information on asthma support groups and neglects to cover controversial theories about asthma. However, it does describe all the medications you might be prescribed and their possible side effects.

I was diagnosed several years ago. Ignored it, and it got worse and this last summer, it got very serious indeed. I wish I had read this book when I was first diagnosed, I would have saved myself alot of grief.

This was a very informative book with all the latest asthma medicines and how they are used. It was up to date and written so that the average person could understand it. I find myself going back and reading several sections over and over. It helps me to see how my asthma affects me and that I am being treated properly for it.

Excellent information. Easy to access in a hurry. Dr. Berger has done an outstanding job once again. I have to admit I am a fan of Dummie books. In certain situations I want quick available information at my finger tips. This book does that.

Very helpful to understand Asthma

This book has helped me to understand asthma symptoms better! It is helping me get a handle on my asthma.

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