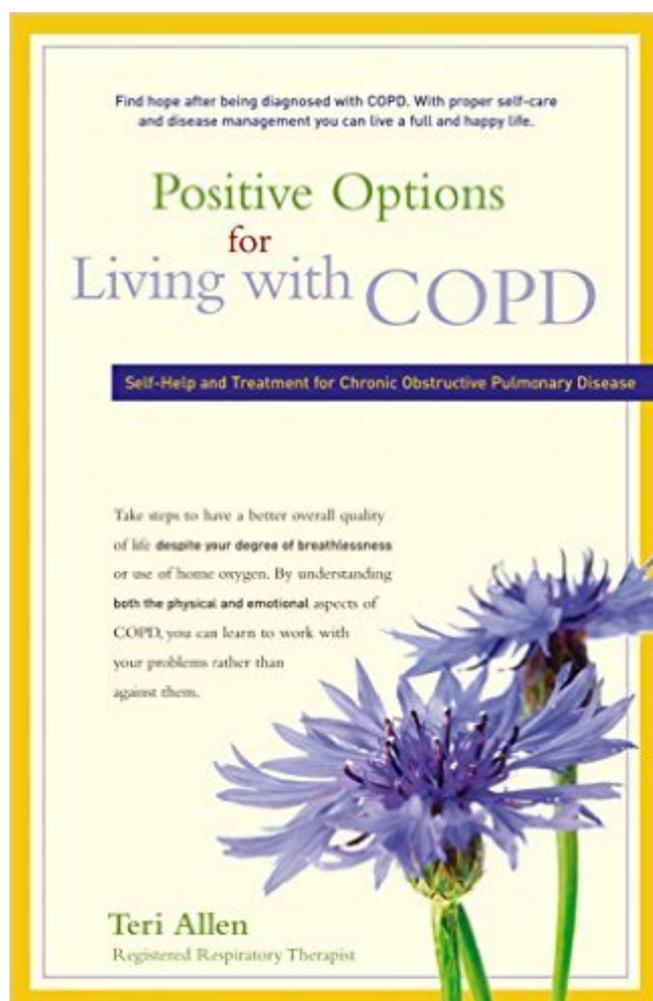


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# Positive Options For Living With COPD: Self-Help And Treatment For Chronic Obstructive Pulmonary Disease (Positive Options For Health)



## Synopsis

The diagnosis of chronic obstructive pulmonary disease (COPD) can be devastating. It's important to note, though, that while COPD is debilitating, it is not a death sentence. With proper disease management, people with COPD can expect to live a full and happy life. While there are no magic pills or quick fixes, there are many things COPD sufferers can do to have more energy, less shortness of breath, and an overall better quality of life despite breathlessness or use of home oxygen. This comprehensive guide helps people in any stage of COPD learn to work with their physical limitations rather than against them. Compassionate and clearly written, it covers every aspect of the disease, including the psychological and emotional issues that go along with having COPD, medications and physical therapy, identifying triggers and warning signs, creating an action plan for worsening symptoms, techniques to make breathing easier, working with healthcare providers, and much more.

## Book Information

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## Customer Reviews

Positive Options for Living with COPD, by Teri Allen, is a book I really wish I had read 10 years ago. My father just died last month after 10 years of painful struggle with COPD. After reading this book the first thing I did was go to an allergist to get tested for AAT deficiency, which my father had, to find out if I was genetically programmed to get this disease early. I am so relieved the test was negative, but if it had been positive, this book informed me that I could have had medical treatment to continue in good health. This book has so much essential information about a disease that is so

terrible, and yet about which little information has been generally available. I think a lot of doctors who treated my father didn't know about a lot of these things, because if they had, he could have had a much better life these last 10 years. My father saw doctors all those years and yet none of them even suggested half of the treatments that are written about here. I already knew a few things, (like how to use your inhaler correctly for maximum benefit) and tried to get my father to do them, but he was of the generation who would listen to the guy in the white coat and not his daughter. I don't mean to make this review too maudlin, because it was time for my father to go, and he is at peace and his suffering is over. Even though my father has passed, I am very glad to have read this book. Because I read it, I found out about the genetic test, and don't have to worry that I will develop this automatically.

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