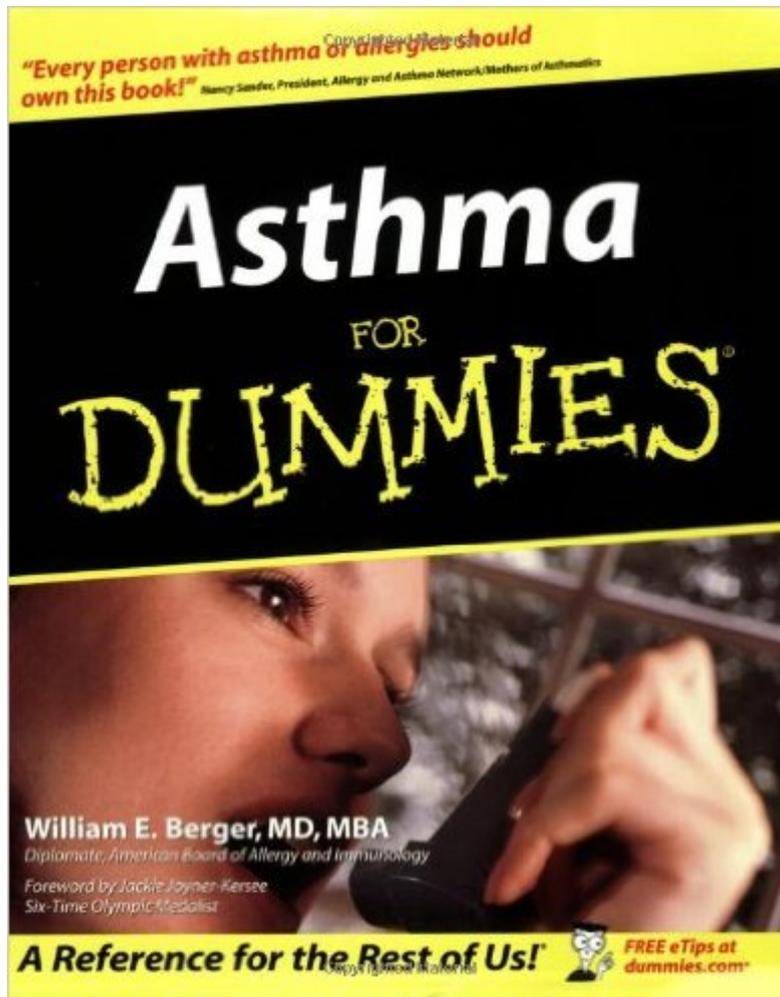


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Asthma For Dummies



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.

Book Information

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Customer Reviews

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.

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.

Asthma is serious; 15 people die of asthma each day yet many people don't take their symptoms seriously. Asthma for Dummies is both serious and yet conversational. It's practical, genuine and doable. It's got something of value for anyone interested in predicting, preventing, and responding to symptoms proactively. Nancy Sander President Allergy & Asthma Network Mothers of Asthmatics[...]

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.

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.

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 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.

Asthmatics are now better informed and can research the effects of medication, allergies etc very easily. This book has nothing to offer to HELP people with asthma. It adopts a very narrow approach specifically using medication. One point that the book fails to discuss properly is the Buteyko method for asthma. The Buteyko method without doubt the best help for asthmatics. It works by correcting breathing and reducing hyperventilation. I am always disappointed as a once chronic asthmatic to read asthma books offering the same stuff. The only thing that ever helped me was the Buteyko method. Unless your asthma book has the details of this- it is letting asthmatics down.

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Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Asthma Survival: The Holistic Medical Treatment Program for Asthma Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Asthma Solved Naturally: The Surprising Underlying Causes and

Hundreds of Natural Strategies to Beat Asthma All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) How Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with Asthma Practical guide for the diagnosis and management of asthma : based on the Expert Panel report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8) Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Maximum Asthma Control: The Revolutionary 3-step Anti-asthma Program Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For Dummies: (Mushroom Farming, How to Grow Oyster Mushrooms, Edible Mushrooms) (Farming For Dummies, Gardening For Dummies Book 2) Asthma For Dummies Allergies and Asthma For Dummies Fireworks 4? For Dummies? (For Dummies (Computers)) Adobe Premiere Elements For Dummies (For Dummies (Computers)) MacBook For Dummies (For Dummies (Computers)) Coding For Dummies (For Dummies (Computer/Tech))

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