

The Asthma Handbook

Francis V. Adams



The Asthma Handbook:

The Asthma Handbook Jenny Lewis With The National Asthma Campaign, 2012-01-31 Asthma has become something of a modern epidemic Twenty years ago it affected one in ten people Now one in five children and nearly as many adults suffers from it And despite better more effective drugs to combat the problem the death rate is not going down Around 2 000 people die from the complaint each year DAILY MAIL TUESDAY APRIL 26 1994 With no known cure for asthma this comprehensive guide seeks to give practical help to all age groups in dealing with the growing problem listing the many known triggers for the condition and giving advice on how to avoid them And following the style established by her two previous titles THE ASTHMA HANDBOOK contains case histories showing how individuals cope with asthma as well as the various treatments available both conventional and where sensible complementary Packed with essential information such as what to do when faced with an asthma attack THE ASTHMA HANDBOOK is THE guide for sufferers friends and relations and it may even save a life

The Asthma Handbook Stuart H. Young, Susan A. Shulman, Martin D. Shulman, 1989 Dr Young's medical expertise combined with an asthma sufferer's day to day strategies to help ease discomfort make this book the most comprehensive up to date and readable information on asthma control available

The Asthma Handbook Bowers, Margaret, American Lung Association, Canadian Lung Association, 1985

The Asthma Handbook American Lung Association, 1992

The Asthma Sourcebook Francis V. Adams, 1998 Discusses the signs and symptoms of asthma conditions triggering attacks and how to avoid them drug treatments inhalers and nebulizers and psychological aspects of the disorder

[The Canadian Allergy and Asthma Handbook](#) Barry Zimmerman, 1996 From four of Canada's top allergists a fully updated and revised edition of this country's bestselling book on allergies and asthma A must for all allergy sufferers and concerned parents We all know from the news that allergic reactions and even asthma attacks can be fatal More and more schools are closely monitoring the foods available in their cafeterias and by necessity people are becoming more interested in the latest allergy and asthma research This book will help you and your children live more comfortably and more safely The Canadian Allergy and Asthma Handbook contains information on The allergic reaction what really happens The most effective allergy tests and treatments available How to tell if your child has asthma Ways to improve your home and work environment How to manage your asthma effectively Working with your doctor to develop a management strategy Common misconceptions about food allergies How to lead a normal life with allergic children Ways you can delay food allergies in infants Special problems to teenagers with allergies Adverse reactions to food additives food colouring agents preservatives and flavour enhancers Life threatening allergic reactions how common are they

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this potentially devastating disease Their message is clear simple and reassuring if you know what to do and how to do it you can treat the effects of asthma Inside you ll learn how to Recognize the signs of an attack and how to prevent it Choose the fight doctor and know what to expect from a consultation Judge the effectiveness of drug treatments weighing their benefits and side effects Take advantage of stress reduction techniques and a complete exercise and physical fitness plan Handle the special needs of childhood and pregnant asthmatics Maintain an active sex life Communicate emergency room personnel to insure the best possible care

The Essential Asthma Book **The Asthma Self-help Book** Paul J. Hannaway,1989 The best in depth easy to read manual for managing childhood adult asthma Beautiful illustrations clear tables diagrams clearly explain causes prevention reversibility Asthma history triggers diagnosis medications controversial treatments environmental influences are highlighted Asthma can be successfully managed with this excellent informative resource Recommended by Library Journal Australian asthma handbook ,2015 **Kirkes' Handbook of Physiology** William Senhouse Kirkes,William Marrant Baker,Vincent Dormer Harris,1882 The Complete Kid's Allergy and Asthma Guide Milton Gold,2003 A parent s guide to allergies and asthma developed by a major children s hospital The book combines comprehensive authoritative information with common sense guidelines recommendations and coping strategies *Hospital Medicine* ,1986 **British Medical Journal** ,1878 **The Medical and Surgical Reporter** ,1891 *The Complete Allergy Book* June Engel,Isolde Prince,1997 With detailed tables sidebars and diagrams this guide gives you the straight facts about a condition that affects 15% to 20% of North Americans Every year people die from allergy triggered causes including asthma Many people with allergies don t seek medical help yet if they understood more about their condition they could obtain better relief and have greater control June Engel begins with a general overview of allergic reactions and then discusses the many aspects of these increasingly common ailments Among her topics The immune system and how it works How to diagnose allergies and track down triggers Medications and how to use them Treatments for childhood allergies New approaches to the management of asthma The particular problems of food skin drug and insect allergies

BIO JUNE ENGEL PHD is a biochemist and award winning medical writer who is regularly asked to comment on health and medical issues for television and radio She has written several health books including *The Complete Canadian Health Guide* and *The Complete Breast Book* She lives in Toronto Ontario **Surgical Rounds** ,1985 *American Health* ,1985 **Wellness** Paula F. Ciesielski,1992 **Indiana Medicine** ,1984-07 **Allergies** Stuart H. Young,Bruce S. Dobozin,Margaret Miner,1992

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