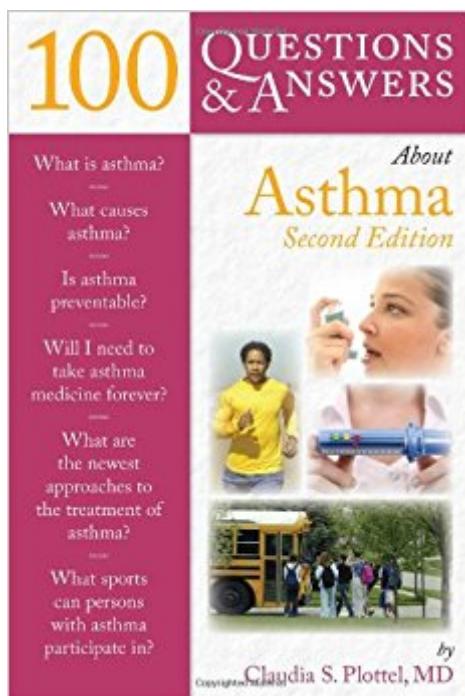


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# 100 Questions & Answers About Asthma



## Synopsis

If you are among the approximately 22 million Americans who suffer from asthma, or have a friend or relative who does, this book offers all the information you need to better understand and manage the condition. Completely revised and updated, 100 Questions & Answers About Asthma, Second Edition includes information about the latest scientific approaches to asthma care and research, explains the newest guidelines and treatment recommendations of the National Asthma Education and Prevention Program, provides comprehensive information about medicines used to treat asthma, and focuses on healthy living with asthma. 100 Questions & Answers About Asthma, Second Edition provides authoritative, practical answers to your questions about treatment options, coping strategies for both patient and family sources of support, the importance of exercise and nutrition, and much more. Written by Dr. Claudia S. Plottel, a world-class asthma specialist, this clearly written, highly readable book offers the latest medical knowledge and practical tips on what asthma is and what you can do to treat it effectively. Featuring insider advice from an actual patient, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this chronic, yet highly controllable disease.

## Book Information

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