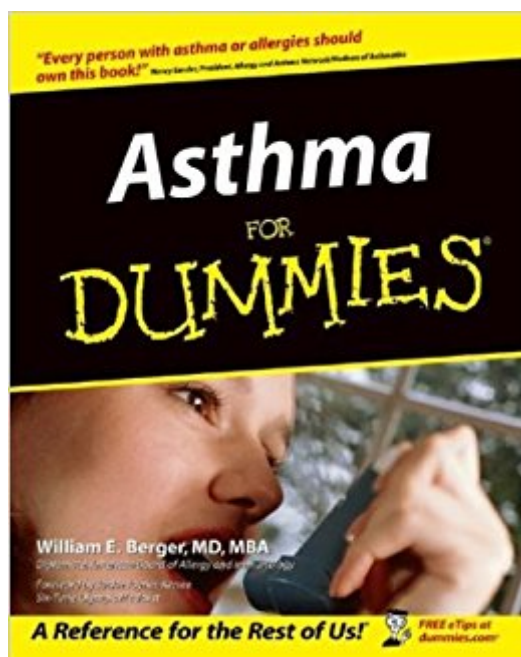


The book was found

Asthma For Dummies (For Dummies (Health & Fitness))



Synopsis

The latest on how to understand, treat, and manage asthma. This straightforward guide helps the over 17 million adults with asthma as well as parents with asthmatic children to get a handle on the disease and manage it effectively. Covering everything from symptoms and diagnosis to treatment options and prevention strategies, Dr. William Berger shows asthma sufferers how to understand the relationship between allergies and asthma, pinpoint asthma triggers, and evaluate asthma medications. Readers will discover how to handle the special issues associated with childhood asthma, take advantage of the latest therapies and management strategies, and much more. William E. Berger, MD (Mission Viejo, CA), a leading asthma expert, is board-certified in pediatrics as well as allergy and immunology and has more than two decades of experience in treating asthma patients.

Book Information

Series: For Dummies (Health & Fitness)

Paperback: 384 pages

Publisher: For Dummies; 1 edition (April 9, 2004)

Language: English

ISBN-10: 0764542338

ASIN: B001U3YPYI

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.3 out of 5 stars 17 customer reviews

Best Sellers Rank: #4,471,062 in Books (See Top 100 in Books) #97 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #500 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#) #520 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#)

Customer Reviews

"Books in this series are well known for their easy-to-read and Asthma For Dummies is no exception." (The Airways Journal, March 2005) "You can breathe-easy with this plain-English guide which clearly explains the disease which affects so many people." (Pride Magazine, July 2004) "An extremely helpful and comprehensive book - essential reading for anyone with Asthma." (Irish Examiner, 4th June 2004) "An invaluable source of information for all

sufferers (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!" – 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. You'll find useful information on the relationship between allergies and asthma, exercise'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!" -- Jerome Bettis, Running Back "You can still achieve your life-long Olympic dreams even with asthma." -- 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 it's like to carry a handful of inhalers. . . . This is a book to breathe by!" -- 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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Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Asthma-Free Naturally: Everything You Need to Know About Taking Control of Your Asthma--Featuring the Buteyko Breathing Method Suitable for Adults and Children Control Your Child's Asthma: A Breakthrough Program for the Treatment and Management of Childhood Asthma Children's Asthma The Practical Guide (Practical Children's Asthma Book 1) The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages A Parent's Guide to Asthma: How You Can Help Your Child Control Asthma at Home, School and Play How Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with Asthma Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders ABC of Asthma, Allergies and Lupus: Eradicate Asthma - Now! Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children 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 Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications

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