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Asthma: Stop Suffering, Start Living

M. Eric Gershwin, Edwin L. Klingelhofer

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Asthma: Stop Suffering, Start Living M. Eric Gershwin, Edwin L. Klingelhofer
Covers med. findings, offers sympathetic advice, & provides case histories. Includes info. on: What to do during an asthma attack; Medications -- the ones to use first & the ones to employ carefully or avoid altogether; The correct use of aerosol inhalers & other systems for delivering medication; Guidelines to follow in choosing & working with an asthma specialist; The foods, food additives & preservatives, environmental substances, & activities that may set off an asthma attack; Tips on how people with asthma can exercise, travel, & take part in other activities safely & enjoyably; The links & hazards between asthma & pregnancy, surgery, & immunization; Assessments of home remedies & other complementary approaches; & helpful resources.

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