



Understand and Control Your Asthma

Hélène Boutin, Louis-Philippe Boulet

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Asthma is one of the most common respiratory diseases, affecting between twelve and fifteen million people in North America. Although asthma can often be treated successfully, many misconceptions about it persist. In response to requests from patients and health care professionals, Hélène Boutin and Louis-Philippe Boulet have written this practical guide to understanding and controlling asthma. Understand and Control Your Asthma is designed to help asthmatics take control of their health through better understanding of the disease and its treatment and by applying self-management skills to avoid attacks. Topics discussed include the factors that trigger asthma, the different treatments available, effects and side-effects of medications, and what to do if the disease becomes worse. Questionnaires enable asthma sufferers to evaluate their understanding of the concepts presented in the book and develop a personal case history, which will help them to communicate more effectively with physicians about their symptoms. Boutin and Boulet also provide advice on measures that may help asthmatics lead normal and productive lives. Understand and Control Your Asthma is a valuable reference and workbook for asthma sufferers and their families, friends, and colleagues. It will also be of interest to asthma specialists and general practitioners.

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The experience that you get from Understand and Control Your Asthma is a more deep you rooting the information that hide inside the words the more you get enthusiastic about reading it. It does not mean that this book is hard to be aware of but Understand and Control Your Asthma giving you joy feeling of reading. The article author conveys their point in specific way that can be understood by simply anyone who read that because the author of this e-book is well-known enough. This kind of book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this particular Understand and Control Your Asthma instantly.

Sophia Morrison:

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