



# Essential Asthma Book: A Manual for All Ages

*Dr. Francois Haas*

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# Essential Asthma Book: A Manual for All Ages

*Dr. Francois Haas*

## **Essential Asthma Book: A Manual for All Ages** Dr. Francois Haas

Are you looking for one comprehensive source to help you deal with the suffering of asthma?

Now you can breathe a sigh of relief!

Here is new hope and new help for the millions of Americans who suffer from asthma. Drawing on Dr. Francois Haas's pioneering studies at the New York University Medical Center, the authors provide the latest medical information on the treatment of 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 right 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

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