

Dr. Tom Plaut's

**Asthma Guide
for People of
All Ages**

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Thomas F. Plaut, M.D.
with Teresa B. Jones, M.A.

Dr Tom Plauts Asthma Guide For People Of All Ages

Stella Weller



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Dr. Tom Plaut's Asthma Guide for People of All Ages Thomas F. Plaut, Teresa Bernadette Jones, 1999 Pediatrician Plaut a specialist in asthma treatment *Children with Asthma A Guide for Parents* not reviewed etc makes no bones about it A well informed patient working with a knowledgeable health care practitioner can control his or her disease so completely that you will have symptoms no more than two days per week will rarely miss school or work because of asthma will rarely require an urgent visit to the doctor or emergency room and will be able to exercise as long and as hard as anyone else Plaut goes on to provide readers even those suffering frequent severe attacks of the disease with the tools and an action plan for reaching these goals He explains the anatomy and physiology of the disease what asthma medications are available and how to use them the proper technique when inhaling a medication is vital and how to monitor and interpret peak flow a measure of lung function and the most important early indicator of trouble Plaut then discusses treatment plans in depth and includes clear well designed forms for tracking the disease and its treatment plus a short asthma diary for patients and their physicians First rate help indispensable for those with asthma 30 000 ad promo 336 pg **Asthma For Dummies** William E. Berger, 2004-04-09 The incidence of asthma is rising dramatically in the United States and across the globe Asthma affects 17 million people in the U S and is the most common chronic childhood disease If you or someone you love suffers from asthma you know that there is no cure however with proper care asthmatics can lead normal active and fulfilling lives Now you can breathe easy with this plain English guide which clearly explains the prevention diagnosis symptoms and treatment of the disease Asthma For Dummies will help asthma sufferers and their loved ones get a strong handle on managing the disease Dr William Berger one of the nation s foremost experts on allergies and asthma gives you the tools you need to Understand the relationship between allergies and asthma Identify your asthma triggers Prepare for your first doctor s visit Allergy proof your home or office environment Avoid asthma complications Find outside support Featuring up to date coverage of childhood asthma this easy to understand guide covers all the vital issues surrounding asthma including handling food allergies exercising when asthmatic asthma during pregnancy and all the latest medications You ll find tips on avoiding allergens that cause respiratory symptoms testing for allergies and dealing with HMOs This fact packed guide also features A dedicated chapter to asthma in the elderly The latest information on Claritin and Clarinex two common allergy medications taken by those with asthma The interrelationships between asthma and other respiratory complications of untreated allergy such as ear sinus tonsil and adenoid disease Extensive information on controller drugs and rescue medications Future trends in asthma therapy Offering the latest on allergy shots and tips for traveling with asthma Asthma for Dummies will relieve your anxiety about asthma help you control your triggers and manage the disease long term *The Doctors Book of Home Remedies* Editors of Prevention, 2010-03-02 A revised edition of a classic health reference shares up to date advice on a variety of everyday ailments from allergies and colds to insomnia and jet lag recommending corresponding home treatments

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70ab 49b 2 b 6x 3 2 36x 2 2 6x 3 9 36x 2 36x 9 c 7p 2q 2

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