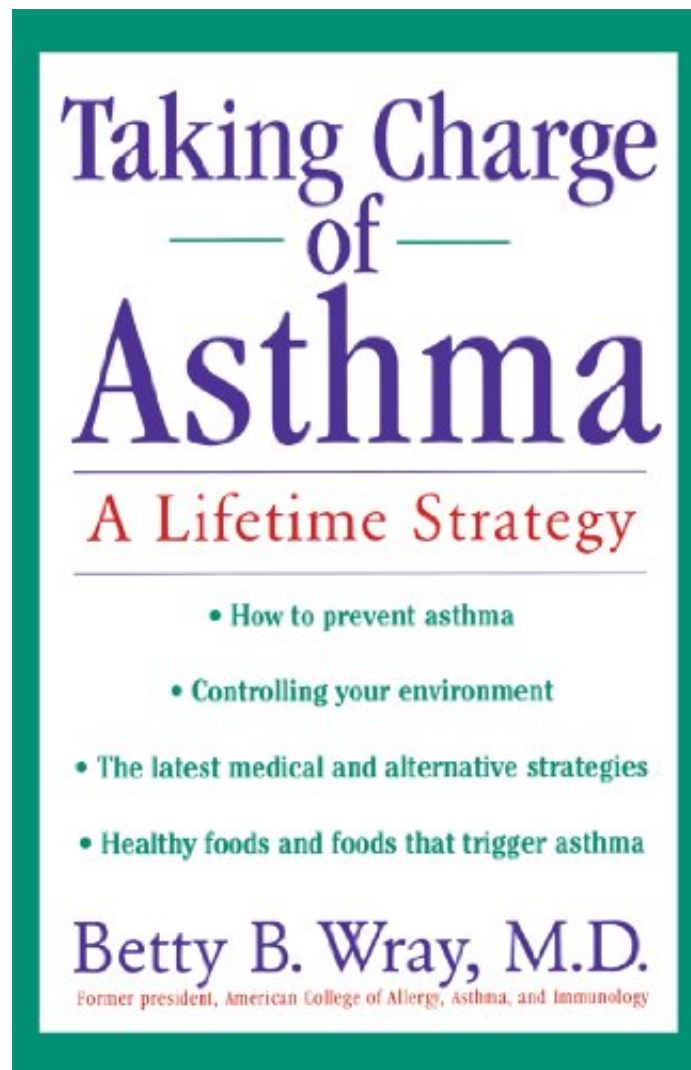


Taking Charge of Asthma: A Lifetime Strategy

by

Betty B. Wray



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Synopsis

Asthma touches all ages, races, and walks of life, and it is on the rise both in frequency and in severity. Taking Charge of Asthma provides practical, up-to-date information to help you develop an effective personal strategy for managing your symptoms. World-renowned asthma expert Dr. Betty Wray outlines specific steps you can take to control your environment and reduce the onset and severity of attacks. She lists clinically tested foods, fabrics, and substances that can trigger asthma. Dr. Wray also explains the connection between asthma and allergies, details occupational hazards, lists alternative strategies, and tells how to work with your doctor—and how to make the most with the least medication. She also offers authoritative advice on helping children with asthma lead healthier, happier lives. This fact-packed handbook includes 800 numbers, helplines, Web sites, asthma organizations, and treatment centers. Taking Charge of Asthma includes everything you need to know about: The causes of asthma The best diagnostic methods The latest treatments

Sort review

"This new book, written by the former president of the American College of Allergy, Asthma and Immunology, is a useful guide for patients and their families." --Philadelphia Inquirer, August 23, 1998--This text refers to the hardcover edition. From the Back Cover Asthma touches all ages, races, and walks of life, and it is on the rise both in frequency and in severity. Taking Charge of Asthma provides practical, up-to-date information to help you develop an effective personal strategy for managing your symptoms. World-renowned asthma expert Dr. Betty Wray outlines specific steps you can take to control your environment and reduce the onset and severity of attacks. She lists clinically tested foods, fabrics, and substances that can trigger asthma. Dr. Wray also explains the connection between asthma and allergies, details occupational hazards, lists alternative strategies, and tells how to work with your doctor--and how to make the most with the least medication. She also offers authoritative advice on helping children with asthma lead healthier, happier lives. This fact-packed handbook includes 800 numbers, helplines, Web sites, asthma organizations, and treatment centers. Taking Charge of Asthma includes everything you need to know about: The causes of asthma The best diagnostic methods The latest treatments--This text refers to the hardcover edition. About the Author BETTY B. WRAY, M.D., former president of the American College of Allergy, Asthma, and Immunology, lives in Augusta, Georgia. --This text refers to the hardcover edition. From Library Journal Wray, the former president of the American College of Allergy, Asthma, and Immunology, offers asthma sufferers practical steps for living with their disease. She includes many lists and quizzes, and at the end of every chapter an "Ask your Doctor..." section with suggested questions. Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. From the Publisher A comprehensive, easy-to-understand, up-to-date family guide to

asthma prevention and control. An estimated 12 million people suffer from some form of asthma. Now, from a member of one of the world's largest and most prestigious medical organizations involved in asthma research, treatment, and education, comes a book that provides asthma sufferers and their loved ones with the practical, up-to-date information they need to help prevent and control this increasingly common disease. --This text refers to an out of print or unavailable edition of this title.[Read more](#)

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