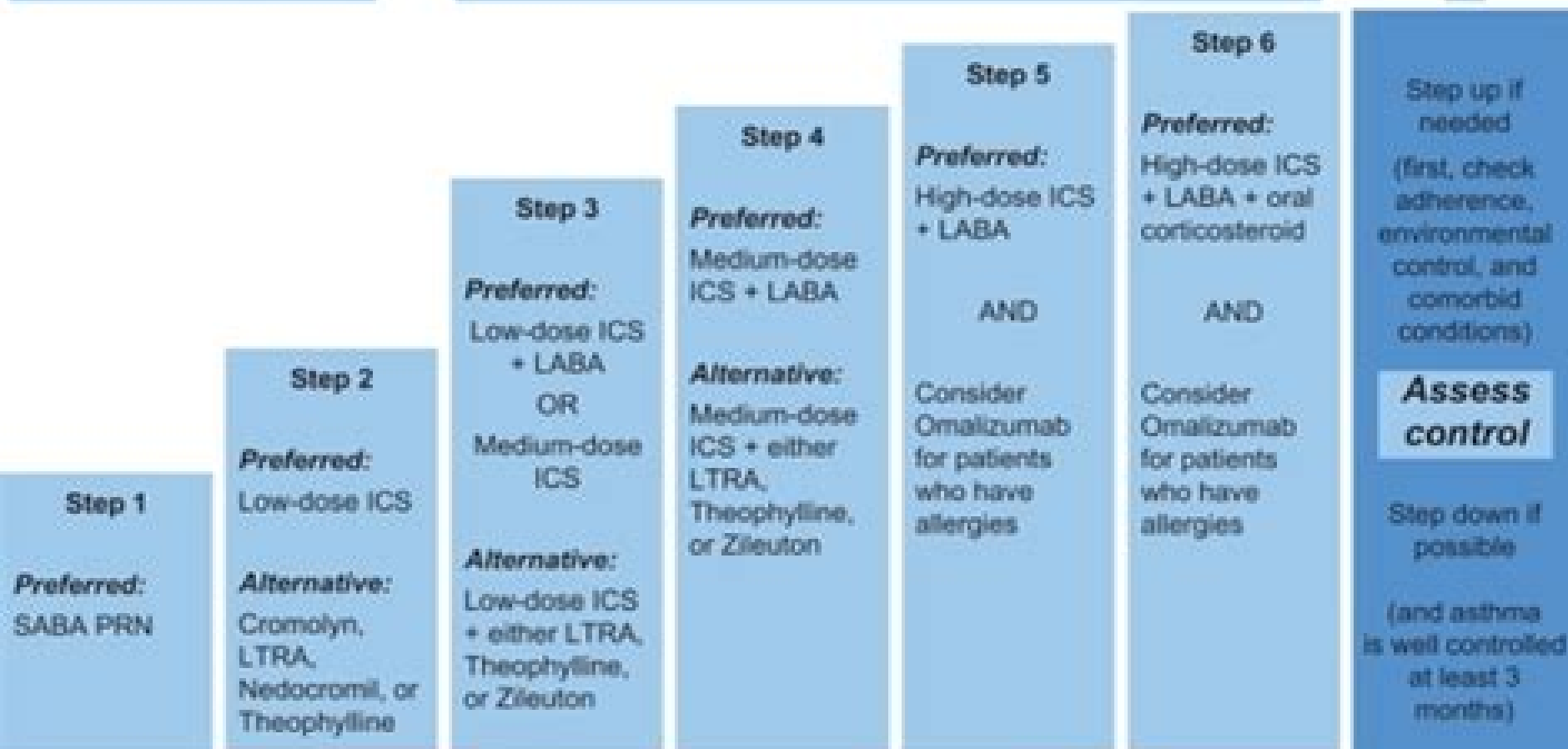


Intermittent asthma

Persistent asthma: Daily medication

Consult with asthma specialist if step 4 care or higher is required.
Consider consultation at step 3.



Each step: patient education, environmental control, and management of comorbidities.

Steps 2–4: Consider subcutaneous allergen immunotherapy for patients who have allergic asthma (see notes).

Quick-relief medication for all patients.

- SABA as needed for symptoms. Intensity of treatment depends on severity of symptoms; up to 3 treatments at 20-minute intervals as needed. Short course of oral systemic corticosteroids may be needed.
- Use of SABA >2 days a week for symptom relief (not prevention of EIB) generally indicates inadequate control and the need to step up treatment.

Asthma An Alternative Approach

Liyong Dong



Asthma An Alternative Approach:

Asthma Ronald Alfred Roberts, Judy Sammut, 1996 What is asthma Causes Living with asthma Alternative treatments Exercise and diet Natural remedies Hands on therapies Treatments and devices Lifestyle approaches *Telemedicine and Asthma: An innovative approach to improve morbidity and mortality rates for active adults*. Musue Kaneh DHSc MSN FNP-C, 2023-11-20 This book was developed from the review of a systematic research project for a doctoral study about the effect of telemedicine in the treatment of underserved adults 18 55 years with asthma Asthma Ron Roberts, Ronald Alfred Roberts, 1996 A guide to dozens of natural techniques that can be used together with conventional medicine to manage asthma effectively Positive thinking breathing exercises and homeopathic remedies are explored as additions to regular medical care Illustrated *Biotherapeutic Approaches to Asthma* Jan Agosti, 2002-07-22 Addressing the need for enhanced drug selectivity and efficacy Biotherapeutic Approaches to Asthma is an authoritative and timely guide for respiratory specialists clinical immunologists allergists physiologists pulmonologists otolaryngologists and medical school students in these disciplines It contains emerging data on the importance of c **Asthma** Jonathan Brostoff, Linda Gamlin, 2000-09 A comprehensive program to help asthma sufferers identify their triggers make changes in their environment diet and lifestyle and reduce their dependence on drugs Evaluates the full range of therapies including acupuncture herbalism massage yoga and breathing exercises as well as standard pharmaceuticals By the authors of the bestselling Food Allergies and Food Intolerance Provides special advice for parents with asthmatic children Almost everyone with asthma could be feeling better and using fewer drugs this book shows you how Internationally recognized authorities on allergies and asthma Dr Jonathan Brostoff and Linda Gamlin provide a comprehensive step by step program to help you identify your personal asthma triggers and make changes in your environment diet and lifestyle that can reduce your exposure to allergens and your need for drugs The authors have examined the most up to date research to offer a critical survey of the full range of asthma therapies from alternatives such as acupuncture herbalism yoga and breathing exercises to the commonly prescribed pharmaceuticals Expectant mothers and fathers with asthma will appreciate the information on how to reduce the risk of their unborn child acquiring the disease and parents will find advice that can help their asthmatic children lead happier healthier lives

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