

ASTHMA

YOUR QUICK GUIDE TO UNDERSTANDING AND TREATMENT

Richard Threllin

Asthma Your Quick Guide To Understanding And Treatment

AN Whitehead



Asthma Your Quick Guide To Understanding And Treatment:

The Easy Guide to Understanding and Managing Your Asthma Second Edition Winfred Henson, 2022-01-08

Ignorance about the disease of asthma kills Knowledge about asthma saves lives This book will teach you how to recognize the signs of asthma How to correctly identify the asthma severity category based on symptoms pulmonary function interference with your daily activities or your use of quick relief medicines This book will answer questions you need to know the answers to like Do I have asthma How do I know when and how to use my medicine How do I use the different devices the asthma medicines come with What is a peak flow meter and why do I need one Will I grow out of this Can I still engage in my favorite sport How does my medicine work What s happening inside my lungs when I m having an asthma attack First we ll discuss exactly what asthma is and why it s dangerous Various definitions of asthma have been used over the years but as the medical community has learned more about the disease the definition has been made more and more accurate In this book we ll explain how your various asthma medicines work by pointing to their place of action within the current asthma definition We ll discuss at length how the various asthma devices are used and point out the things you should always do and the things that you should never do We ll explain what a trigger is and how to avoid them We ll make this often complicated subject of asthma a simple matter that you ll easily be able to understand and remember Asthma: Your Quick Guide to Understanding and Treatment

Richard Threllin, 2013-02-13 Asthma Your Quick Guide to Understanding and Treatment is a simple and easy to read book in which you ll discover the causes risk factors and treatment of asthma along with top tips and practical advice including What is Asthma Types of Asthma Triggers and Risk Factors Symptoms Unusual Symptoms Diagnosis Getting Tested for Asthma Questions You Should Ask Your Doctor Preventing Asthma Attacks Natural Remedies Air Cleaners Nutrition and Asthma Asthma and Exercise Living with Asthma Getting Support **A Simple Guide to**

Asthma Eleanor Bull, 2005 This volume is a step by step guide for anyone who wants to know about the causes of asthma and how it can be prevented and treated The Easy Guide to OSCEs for Specialties Muhammed Akunjee, Syed Jalali, Shoaib Siddiqui, 2009 Amongst medical students clinical OSCEs in specialty subjects are notorious for being the most difficult to prepare for due to the paucity of any books dedicated to the subject For this very reason we have written The Easy Guide to OSCEs for Specialties to fill this void and ease the already burdensome workload of medical students It has been compiled by recently qualified doctors who have experienced the new OSCE system first hand The book has been written in a fresh style covering over 80 OSCE examination stations in a wide range of different subjects This book is unique covering medi **The Easy Guide to OSCEs for Specialties** Nazmul Akunjee, Muhammed Akunjee, Syed Jalali, Shoaib Siddiqui, Dominic Pimenta, Dilsan Yilmaz, 2016-12-19 This second edition of the highly successful Easy Guide to OSCEs for Clinical Specialties provides a comprehensive yet succinct resource to get you through each clinical rotation as well as the Final exam Compiled by recently qualified doctors who have experienced the new OSCE system first hand the book covers over 80 OSCE

examination stations in a wide range of different subjects Brand new to this edition are chapters on Psychiatry non accidental injury in children and an On the Wards section covering both Anaesthetics and Palliative Care All management suggestions are updated in line with NICE guidance and evidence base and new time saving student friendly mnemonics have been added to make the book even more user friendly This book will ease the already burdensome workload of medical students and help them pass their OSCEs to become junior doctors competent in a wide range of different skills in medical fields **Asthma**

Treatment Guide John Sinclair, 2023-09-21 Asthma Treatment Guide is a comprehensive and essential resource for individuals living with asthma their caregivers and healthcare professionals This insightful book is designed to empower readers with the knowledge and tools needed to effectively manage and treat asthma a chronic respiratory condition that affects millions of people worldwide Inside the pages of Asthma Treatment Guide readers will find Understanding Asthma A clear and concise explanation of what asthma is its causes and the common triggers that can exacerbate symptoms This section provides readers with a foundational understanding of the condition Diagnosis and Assessment Detailed guidance on the diagnostic process including various tests and assessments used by healthcare professionals to determine the severity of asthma This information helps readers and healthcare providers make informed treatment decisions Treatment Options A comprehensive overview of the various asthma treatments available ranging from inhalers and medications to lifestyle changes and alternative therapies The book provides insights into both short term relief and long term management strategies Asthma Action Plans Step by step instructions on how to create and implement a personalized asthma action plan These plans are crucial for individuals to track their symptoms understand when to seek medical attention and manage asthma effectively Lifestyle Management Practical tips and advice on making lifestyle modifications to minimize asthma triggers such as improving indoor air quality dietary considerations and exercise recommendations Pediatric Asthma A dedicated section for parents and caregivers offering guidance on how to manage asthma in children from diagnosis to daily care and school management Emergencies and Crisis Management Detailed information on how to handle asthma attacks and exacerbations including when to seek immediate medical assistance This section provides invaluable knowledge for both patients and their support networks Preventive Measures Insights into proactive measures to prevent asthma exacerbations including vaccination allergy management and stress reduction techniques Patient Success Stories Real life stories of individuals who have successfully managed their asthma offering hope and inspiration to readers Resources and References A comprehensive list of reputable sources organizations and additional reading materials for readers who want to delve deeper into asthma management and research Asthma Treatment Guide is written in a reader friendly and accessible style making it suitable for individuals of all ages and backgrounds It serves as an indispensable companion for anyone affected by asthma guiding them on a journey toward better health improved quality of life and enhanced asthma management skills Whether you re newly diagnosed or have been living with asthma for years this book will help you take control of your

condition and breathe easier **The Sheldon Short Guide to Asthma** Mark Greener,2016-03-17 Asthma affects 1 1 million children 1 in 11 and 4 3 million adults 1 in 12 in the UK that s one in five households Fortunately effective modern drugs mean that deaths from asthma are less rare than they used to be especially in view of the millions of people who suffer from the disease in the UK Nevertheless one person dies from asthma in the UK every seven hours and most are adults Adults also account for 58 per cent of hospital admissions for asthma The UK still has some of the highest asthma rates in Europe yet asthma in adults rarely gets the attention it deserves This book aims to redress the balance Topics include What is asthma Types of asthma Common asthma triggers Occupational asthma Diagnosing asthma in adults Treating asthma in adults Coping with asthma beyond drugs [The Children's Hospital of Philadelphia Guide to Asthma](#) Julian Lewis Allen, M.D.,Tyra Bryant-Stephens, M.D.,Nicholas A. Pawlowski, M.D.,2008-04-21 While asthma can t be cured it can be treated and controlled so that your child can enjoy a healthier more active life In this important guide the experts at the top ranked children s hospital in the United States clearly explain what asthma is and how parents caregivers and young patients can manage it successfully The Children s Hospital of Philadelphia Guide to Asthma features the most up to date information on the disease and the keys to optimal preventive treatment controlling environmental conditions that trigger symptoms making a proactive medical treatment plan and consistently putting it into action at the first sign of trouble You ll discover how asthma is diagnosed what the common triggers are how to select the best asthma medicines and how to protect your child in and away from your home to help him or her live a fulfilling childhood that is as symptom free as possible This book Reveals how to manage acute and emergency episodes of the disease Explains how to asthma proof your home Addresses sports and exercise issues for children with asthma Discusses the special needs of toddlers and teens Features a series of vignettes about children with asthma Includes educational materials and resources including community support **The Dentist's Quick Guide to Medical Conditions** Mea A. Weinberg,Stuart L. Segelnick,Joseph S. Insler,2015-04-15 With increasing numbers of dental patients being elderly or having medical conditions it is important for the dentist to understand how these conditions may impact dental treatment The Dentist s Quick Guide to Medical Conditions presents the relevant information dentists need symptoms diagnostic tests medications prescribed and dental management for each disease and condition Chapters will focus on each major bodily system including respiratory cardiovascular hematologic endocrine gastrointestinal immune nervous reproductive and urinary as well as chapters on the liver kidneys skin and psychological conditions Appendices list guidelines for antibiotic prophylaxis additional conditions requiring antibiotics and a quick list of diagnostic tests *Herbal Remedies* Asa Hershoff,2001-03-05 An essential reference to herbal remedies for the most common ailments Sharing twenty five years of clinical expertise Dr Asa Hershoff has written a highly accessible and useful guide to hundreds of herbs and their uses for specific conditions The book s unique format helps readers quickly assess health conditions Margins on each page depict icons of body parts for very easy reference An alphabetical listing of ailments provides

information on each herb's source, dosage, and possible contraindications. Integrating the best of herbal tradition and science, this authoritative book is an essential guide for tapping the healing power of herbs.

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