



Asthma: Your Complete Guide: Symptoms, Diagnosis, Treatments

James Lee Anderson

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“Although, your health condition may impact your everyday life, do not let it define who you are.” This textbook can help you understand every aspect of asthma, from signs and symptoms to diagnosis, the causes and who are at risk of getting the condition, what are its triggers and how to prevent them, the latest in conventional as well as effective alternative treatments, proper control and management, available clinical trials, and the frequently asked questions. Treating symptoms when you first notice them is very important. This will help prevent the symptoms from worsening and causing a severe asthma attack. Severe asthma attacks may require emergency care, and they can be fatal. Also, learn about factors found in the indoor and outdoor environment that can exacerbate asthma symptoms and what you can do to reduce their impact. You might be surprised by the list of common environmental asthma triggers and how simple it can be to eliminate them from your environment. Remember, with the right knowledge and care, you can control your asthma. You just need to take an active role with your health condition. Thanks and may you all have a good understanding of this respiratory disease, especially its triggers, to prevent flare-ups and have an improve quality of life. Take care, and as always, be well!

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