



# BOOP: You're the Boss (You Can Manage It)

*Gary R. Epler*

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# **BOOP: You're the Boss (You Can Manage It)**

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Dr. Epler demystifies an unusual inflammatory lung disease called bronchiolitis obliterans organizing pneumonia (BOOP) which is sometimes called cryptogenic organizing pneumonia (COP) or organizing pneumonia (OP), enabling individuals to take charge of their health. Harvard Medical School faculty member and pulmonary consultant to the Brigham and Women's Hospital and Dana-Farber Cancer Institute, Dr. Epler shows how to apply five steps to manage BOOP. Using real-life examples, you will learn step one of learning everything you can about BOOP; step two of understanding the diagnostic process; step three of knowing the treatment options; step four of monitoring your BOOP; and step five of creating a healing environment. Armed with the information in this book, individuals can gain self-confidence by becoming active participants in treating and managing their BOOP. This five-step process is based on Dr. Epler's observations visiting hospitals all over the world and finding that individuals who follow these five steps can successfully manage their BOOP.

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