Asthma Info

M. Eric Gershwin, Timothy E. Albertson

Asthma For Dummies William E. Berger, 2011-05-09 The incidence of asthma is rising dramatically in the United States and across the globe. Asthma affects 17 million people in the U.S. and is the most common chronic childhood disease. If you or someone you love suffers from asthma, you know that there is no cure—however, with proper care, asthmatics can lead normal, active, and fulfilling lives. Now you can breathe easy with this plain-English guide, which clearly explains the prevention, diagnosis, symptoms, and treatment of the disease. Asthma For Dummies will help asthma sufferers and their loved ones get a strong handle on managing the disease. Dr. William Berger, one of the nation's foremost experts on allergies and asthma, gives you the tools you need to: Understand the relationship between allergies and asthma Identify your asthma triggers Prepare for your first doctor's visit Allergy-proof your home or office environment Avoid asthma complications Find outside support Featuring up-to-date coverage of childhood asthma, this easy-to-understand guide covers all the vital issues surrounding asthma, including handling food allergies, exercising when asthmatic, asthma during pregnancy, and all the latest medications. You'll find tips on avoiding allergens that cause respiratory symptoms, testing for allergies, and dealing with HMOs. This fact-packed guide also features: A dedicated chapter to asthma in the elderly The latest information on Claritin and Clarinex, two common allergy medications taken by those with asthma The interrelationships between asthma and other respiratory complications of untreated allergy such as ear, sinus, tonsil, and adenoid disease Extensive information on controller drugs and rescue medications. Future trends in asthma therapy Offering the latest on allergy shots and tips for traveling with asthma, Asthma for Dummies will relieve your anxiety about asthma, help you control your triggers, and manage the disease long-term.

Fast Facts: Asthma for Patients and their Supporters J. Harrington, 2020-01-28 Asthma is a long-term condition that reduces the amount of air flowing in and out of the lungs. Whether your symptoms are mild, difficult-to-control or severe, it is important to be in control of your asthma. The information in this booklet is designed to help you and your family better understand the condition, what triggers it and how to treat it. It includes clear instructions for good inhaler technique and emphasizes the importance of having an Asthma Action Plan in place so that you know: • when and how often to take your treatment • how to tell if your symptoms are getting worse • what to do when your symptoms get worse. With simple clear illustrations, explanation of medical terms and space to write down the questions you want to ask your doctor or nurse, this resource will help you take control of your asthma. Contents: • What is asthma? • What causes asthma? • What are the symptoms of asthma? • What are the tests for asthma? • What medications are used to treat asthma? • Inhalers and spacers • Your Asthma Action Plan • How do I prevent an asthma attack? • How do I manage an asthma attack? • Difficult-to-control asthma • Severe asthma • Exercise-induced asthma • Occupational asthma • Asthma in older people • Asthma in pregnancy •

Asthma (Fast Facts) S. T. Holgate,

Asthma: Pathophysiology, Herbal and Modern Therapeutic Interventions Sheikh Rayees, Inshah Din, 2021-03-26 Asthma is a chronic airway disease affecting over 300 million people worldwide with an expected increase of an additional 100 million by 2025. Past decade has observed a notable increase in asthma prevalence on both national and global levels with highest rates observed in western countries (about 30%). Over the past 40 years, a drastic increase in global prevalence, morbidity, mortality, and economic burden have been observed due to asthma especially in children. The rising numbers of hospital admissions for asthma, especially young children, reflect an increase in severe asthma, poverty and lack of proper disease management. Worldwide, approximately 180,000 deaths annually are caused due to this condition. The financial burden on a single asthma patient per year in different western countries ranges from US\$300–1,300. Asthma is an intricate respiratory disorder with differences in its severity, natural history and hence treatment response. These differences in intensities of various presentations such as bronchial hyperresponsiveness, airway inflammation, mucus production, airflow obstruction make asthma a heterogeneous disease. The mainstay of current therapies for asthma includes inhaled corticosteroids, phosphodiesterase inhibitors, leukotriene modifiers and β2-adrenoceptor agonists. Some of the currently available drugs are efficient in one or more aspects. However the associated side effects or heterogeneity of the disease limit their usefulness and efficacy, thereby putting a demand on development of new drugs and therapies. On the other hand, asthma has also been treated/managed via herbal medications. These approaches have been described in Unani, Ayurvedic or Chinese system of medicine since antiquity. In fact, several anti-asthmatic drugs were developed from herbs commonly utilized in the non-Western system of medicine. This book focuses on the pathophysiology of asthma, its medication (both h

The Mayo Clinic Book of Home Remedies Mayo Clinic,2010-10-26 Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in Mayo Clinic Book of Home Remedies. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor? What symptoms signal an emergency? Mayo Clinic Book of Home Remedies clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

The Asthma Educator's Handbook Christopher Fanta, Elisabeth Stieb, Elaine Carter, Kenan Haver, 2007-07-23 Learn asthma care essentials-from top experts at the Partners Asthma Center Internists, family physicians, physicians's assistants, respiratory therapists, and pharmacists will find this unparalleled, authoritative guide has everything needed to understand and treat asthma in children and adults. Ideal for preparing for certification as an asthma educator (AE-C), The Asthma Book includes important information such as: How to develop an asthma action plan based on the principles of assessing and treating asthma attacks Diagnosis and staging ambulatory asthma treatment Inhalers and inhalation aids Managing asthmatic attacks Chapter-ending Q&As that simulate the types of questions likely to appear on the National Asthma Educators Certification Board Exam Series of case discussions which test your knowledge by asking you to assume the role of an asthma educator

America Breathing Easier U. S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Program, 2012-06-26 CDC's National Asthma Control Program (NACP) was created in 1999 to help the millions of people with asthma in the United States gain control over their disease. The program's goals include reducing the number of deaths, hospitalizations, emergency department visits, school days or workdays missed, and limitations on activity due to asthma. The NACP funds states, cities, school programs, and non-government organizations to help them improve surveillance of asthma, train health professionals, educate individuals with asthma and their families, and explain asthma to the public. The program has improved asthma treatment, management, and control in the U.S. The NACP collects data on state-specific levels to focus efforts and resources where they are needed.

CDC's funded programs have improved the quality of asthma care, improved asthma management in schools, and fostered policies to help reduce air pollution. CDC's National Asthma Control Program plays a critical role in helping America breathe easier by learning more about asthma and how to control it. Four thousand people die each year from asthma-related causes, and asthmas is a contributing factor in another 7,000 deaths every year. In asthma, something – air pollution, allergens, exercise, stress, certain chemicals in the workplace – causes the airways of the lungs to narrow or become blocked, making it hard to breathe. For the most part we don't know why some people have asthma and other do not – although we're getting closer every day – but thanks to the work of medical researchers, health care professionals, and public health specialists, we're doing more to help people with the disease alleviate some of their burden. But the burden of asthma falls not only on individuals with asthma. It also falls on our schools, our families, our neighborhoods, our workplaces, our cities, and our states. It falls on our health care system. It falls on all Americans, whether or not we have asthma, because we pay for that burden with higher health insurance rates, with lost productivity, and with our tax dollars. The CDC National Asthma Control Program funds states, cities, and school programs to help them improve surveillance of asthma, train health professionals, educate individuals with asthma and their families, and explain asthmas to the public. To maintain that progress, CDC and its federal, state, local, and nonprofit partners must continue the vital work of tracking asthma, enhancing the capacity of federal, state and local public health offices; training health practitioners and educators; implementing proven interventions; filling in gaps in research; and increasing the American people's understanding of asthma. As part of a joint, coordinated effort, these people, programs, and policies can alleviate the burden

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.

Asthma Can be Controlled M. Susan (Margaret Susan) Daglish, Allergy/Asthma Information Association, 1993

Difficult To Treat Asthma Sandhya Khurana, Fernando Holguin, 2019-08-29 This book provides a practical, stepwise, evidence-based approach to effective management of patients with difficult to treat asthma. The impact of asthma on morbidity and healthcare utilization increases exponentially with severity. Severe refractory asthma accounts for less than 5% of all asthma. Its prevalence, however, is often overestimated as there are several other confounding factors that make asthma 'difficult to treat'. Many novel (albeit expensive) therapies are now available and providers caring for patients with severe asthma are charged with selecting the best evidence treatment. This calls for complex and nuanced decision-making. Whether people with asthma gain and maintain control over their condition depends not only on the availability of effective drugs, but also multiple patient and healthcare provider behaviors. Therefore, now more than ever, it has become increasingly important to differentiate "difficult" from "severe refractory" asthma to allow identification of patients most likely to benefit from these therapies. This volume delves into the current understanding of mechanisms and increasingly recognized heterogeneity of this complex disease. It discusses a structured approach to identification and optimization of factors contributing to poor asthma control, including nonadherence, comorbidities and occupational/environmental triggers. The book includes 'state of the art' reviews on recent advances in traditional and targeted asthma therapies, as well as a glimpse into what the future may hold. Highlights include a comprehensive guide to management of severe asthma in children and pregnancy, as well as practical considerations to management of asthma based on different clinical phenotypes. Each chapter is authored by leading experts in the field who share their own clinical approach. This is an ideal guide for clinical pulmonologists and allergist/immunologists, as well as primary care providers, physician extenders

Bronchial Asthma M. Eric Gershwin, Timothy E. Albertson, 2008-08-17 A fully updated edition of a widely respected classic on the diagnosis and management of asthma in a variety of patient subpopulations. Though this fifth edition continues to emphasize the definition, medications, and use of asthma treatment plans, it also focuses on the special needs patient, including the pediatric patient, the pregnant patient, and the patient undergoing surgery, as well as on the perennial issues of exercise and asthma, pulmonary aspergillosis, occupation, recreational drug use, and psychological/social considerations. Highlights for the fifth edition include a liberal use of tables and charts to make the book more practical and user-friendly, updates on the many new pharmaceuticals used to treat asthma, and first-time sections on food sensitivity and the diagnosis of asthma.

Asthma, and Awesome You Atul N. Shah,2013-07 Can you imagine your life asthma-free? Yes, yes, and yes. It is possible. Now it's your turn. The AmazingAllergist will show you how. This book is a part of the AmazingAllergist's Awesome Book Series, which empowers allergic children to live great lives. It is a by-product of the author's extensive knowledge, vast experience, and desire to make a difference-one allergic child at a time. This book, through the story of an allergic child, will empower you and your children. What to Expect - definitions of allergy and asthma - early allergy recognition information - common myths-busted - help to overcome fear of allergy tests - facts about how you can get better - guidance on controlling asthma and allergies at home - a fun way for a child to learn - a helping hand to live allergy-free - instructions on overcoming allergen exposure - drug-free treatment options - information on the proper use of allergy and asthma medications - allergy vaccination relief information - checklist for a great and healthy life - wonderful free resources and links - reliable science-based information Some of the great book reviews for Asthma, and Awesome You: Visit www.AmazingAllergist.com [Logo] A portion of the proceeds from this book will help fund the research and education in the areas of allergy, asthma, and immunology. Publisher Info: Bar Code: Mobile Scan Code:

<u>Paediatric Asthma</u> Kai-Håkon Carlsen, Jorrit Gerritsen, 2012-06-01 Asthma is a disease of many faces and is frequently seen in children. This Monograph covers all aspects of paediatric asthma, across all ages, from birth through to the start of adulthood. It considers diagnostic problems in relation to the many phenotypes of asthma, covers the treatment of both mild-to-moderate and severe asthma, and discusses asthma exacerbations as well as exercise-induced asthma. The issue also provides an update on the pathophysiology of asthma, the role of bacterial and viral infections, and the impact of environmental factors, allergy, genetics and epigenetics. Finally,

Severe Asthma Kian Fan Chung, Elliot Israel, Peter G. Gibson, 2019-06-01 Severe asthma is a form of asthma that responds poorly to currently available medication, and its patients represent those with greatest unmet needs. In the

last 10 years, substantial progress has been made in terms of understanding some of the mechanisms that drive severe asthma; there have also been concomitant advances in the recognition of specific molecular phenotypes. This ERS Monograph covers all aspects of severe asthma – epidemiology, diagnosis, mechanisms, treatment and management – but has a particular focus on recent understanding of mechanistic heterogeneity based on an analytic approach using various 'omics platforms applied to clinically well-defined asthma cohorts. How these advances have led to improved management targets is also emphasised. This book brings together the clinical and scientific expertise of those from around the world who are collaborating to solve the problem of severe asthma.

Allergy and Asthma Massoud Mahmoudi,2016-06-02 This highly practical, easy-to-read, fully updated and expanded resource offers a wide range of targeted guidelines and insights in allergy medicine. Written by a leading allergy clinician -- along with a renowned group of nationally recognized expert contributors in allergy and immunology, pulmonary, and infectious diseases -- this title is a proven resource for front-line general practitioners, especially primary care physicians. The most clinically relevant information is provided on the pathophysiology, diagnosis, treatment, and prevention of all major allergic disorders. Each chapter has a section on "Evidence-Based Medicine" that introduces one to two recent research publications on the subject, and several chapters have been written by new authors. Covering the entire scope of adult and pediatric allergy and asthma and organized by specific organ which guides the reader to diagnostic and therapeutic solutions quickly and easily, the book offers a wealth of outstanding illustrations, key concepts, management protocols, and updated references. An invaluable contribution to the field, Allergy and Asthma: Practical Diagnosis and Management, 2nd Edition will be of immense value not only to primary care physicians, but also to fellows in training, residents, nurses, nurse practitioners, and medical and allied health students.

Severe Asthma in Children and Adolescents Erick Forno, Sejal Saglani, 2019-11-13 This book provides readers with a comprehensive review of severe asthma in children and adolescents, covering epidemiology, genetics, risk factors, co-morbidities, clinical presentation, diagnosis and treatment. Written by leaders in the field, chapter discussions draw on the mechanisms driving the disease, genetics, multidisciplinary approaches, immunomodulators, and other important aspects in the management of the disease. Severe Asthma in Children and Adolescents: Mechanisms and Management is designed to be a practical guide, opening with an introduction on the epidemiology of severe childhood asthma, as well as a discussion of special considerations of the disease unique to the preschool-aged patient. The distinctions between the diagnosis and management of asthma in young children of various ages, and specific approaches for the adolescent with severe asthma, including the transition into adult care are then addressed. Finally, the book closes with a discussion on the current state and future avenues for severe asthma research. Severe Asthma in Children and Adolescents is an indispensable reference for the healthcare professional, for basic and translational researchers, as well as for students, residents and fellows.

Controlling Childhood Asthma M. Susan (Margaret Susan) Daglish, Allergy/Asthma Information Association, 1992

<u>Fast Facts: Respiratory Allergies</u> J. Rimmer,F. Thien,2021-03-05 Allergic rhinitis, rhinoconjunctivitis and asthma are some of the most common presenting problems in clinical practice. While standard pharmacotherapy can control the symptoms of these respiratory allergies in most cases, accurate and specific diagnosis enables the implementation of allergen avoidance and allergen-specific immunotherapy. 'Fast Facts: Respiratory Allergies' provides: • the basic principles of allergy and its role in these common respiratory conditions • a better understanding of the distribution and seasonality of aeroallergens • the tools to obtain a comprehensive respiratory allergy history • an overview of diagnostic tests and the latest treatment options. This handy, fast-reference resource is ideal for all primary care providers, general internal medicine doctors and allied health professionals looking to reduce their patients' medication requirements and treatment side effects and ultimately improve their quality of life. Table of Contents: • Epidemiology, etiology and pathophysiology • Aeroallergens • Diagnosis • Management • Delivery of medication • Future directions

Decoding Asthma 1-2-3 J. A. Allen,2021-12-08 Kids will love joining Aurora and her friends as they decode asthma and learn how she builds an asthma action plan to help her succeed and enjoy life and sports to the fullest.

Decoding Asthma 1-2-3 is designed to spark learning and promote asthma literacy. Decoding Asthma 1-2-3 can be implemented into asthma educational programs, doctors offices, medical centers, outreach centers, and more.

Pediatric Allergy, Asthma and Immunology Arnaldo Cantani,2008-01-23 Easy to understand and easy to use, this essential book reflects the rapid progress in one of the most intriguing fields of medicine. It offers state-of-the-art information on basic immunology, fetal-neonatal immunology, and many more fascinating areas.

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