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Autore	Boutin Helene <1954->
Titolo	Understand and control your asthma // Helene Boutin and Louis-Philippe Boulet ; with the collaboration of Denis Berube ... [et al.]
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Altri autori (Persone)	BouletLouis-Philippe <1954->
Disciplina	616.2/38
Soggetti	Asthma Respiratory allergy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Translation of: Comprendre et maitriser l'asthme.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Preface; Acknowledgments; 1 Introduction; 2 The Respiratory System and Asthma; THE RESPIRATORY SYSTEM; WHAT IS ASTHMA?; SYMPTOMS AND PHYSICAL SIGNS; DIAGNOSIS; RECORDING YOUR SYMPTOMS; WHAT WILL HAPPEN TO ME IF I HAVE ASTHMA?; REVIEW: THE RESPIRATORY SYSTEM AND ASTHMA; 3 The Triggering Factors; ENVIRONMENTAL FACTORS; PERSONAL FACTORS; REVIEW: THE TRIGGERING FACTORS; 4 Medication; USING MEDICATION; PRINCIPLES FOR USE; MAIN TYPES OF MEDICATION; USING INHALERS; BRONCHODILATORS; INHALED BRONCHODILATORS; BRONCHODILATORS IN TABLET FORM; BRONCHIAL ANTI-INFLAMMATORY DRUGS STERIODS (CORTICOSTEROIDS, CORTISONE DERIVATIVES)NON-STEROIDAL BRONCHIAL ANTI-INFLAMMATORY DRUGS (CHROMONE DERIVATIVES); OTHER DRUGS; ANTIBIOTICS; ANTIHISTAMINES; ZADITEN®; CONTROLLING YOUR ASTHMA; LEVELS OF ASTHMA TREATMENT; CRITERIA FOR SATISFACTORY ASTHMA CONTROL; WHEN SHOULD THE TREATMENT BE CHANGED?; ACTION PLAN; REVIEW: MEDICATION AND MANAGING ASTHMA; 5 A Healthy Lifestyle and Asthma; DIET; FLUIDS; SLEEP; CAN I STILL EXERCISE?; RELAXATION; REVIEW: A HEALTHY LIFESTYLE AND ASTHMA; Appendices; APPENDIX 1 - MYTHS AND CONTROVERSIES; APPENDIX 2 - EMPHYSEMA AND

## CHRONIC BRONCHITIS

APPENDIX 3 - ASPIRIN INTOLERANCE APPENDIX 4 - ASTHMA AND DIABETES; APPENDIX 5 - ASTHMA AND SURGERY; APPENDIX 6 - ASTHMA DURING PREGNANCY AND BREAST-FEEDING; APPENDIX 7 - OCCUPATIONAL ASTHMA; APPENDIX 8 - ALLERGIC RHINITIS AND CONJUNCTIVITIS; APPENDIX 9 - TRAVELLING; APPENDIX 10 - ALTERNATIVE MEDICINE; APPENDIX 11 - RESOURCES; APPENDIX 12 - ANSWERS TO REVIEW QUESTIONS; DIARY FORMS; Glossary; A; B; C; D; E; F; H; I; L; M; P; R; S; T; Suggested Reading

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### Sommario/riassunto

Asthma is one of the most common respiratory diseases, affecting between twelve and fifteen million people in North America. Although asthma can often be treated successfully, many misconceptions about it persist. In response to requests from patients and health care professionals, H  l  ne Boutin and Louis-Philippe Boulet have written this practical guide to understanding and controlling asthma. Understand and Control Your Asthma is designed to help asthmatics take control of their health through better understanding of the disease and its treatment and by applying self-management skills to avoid attacks. Topics discussed include the factors that trigger asthma, the different treatments available, effects and side-effects of medications, and what to do if the disease becomes worse. Questionnaires enable asthma sufferers to evaluate their understanding of the concepts presented in the book and develop a personal case history, which will help them to communicate more effectively with physicians about their symptoms. Boutin and Boulet also provide advice on measures that may help asthmatics lead normal and productive lives. Understand and Control Your Asthma is a valuable reference and workbook for asthma sufferers and their families, friends, and colleagues. It will also be of interest to asthma specialists and general practitioners.

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