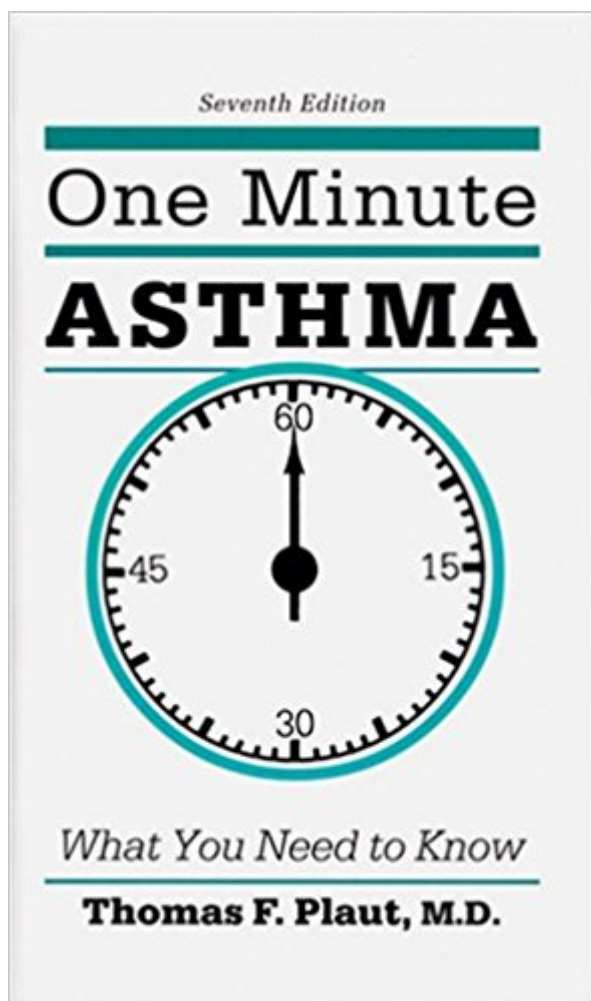


The book was found

One Minute Asthma: What You Need To Know



Synopsis

This easy-to-read guide will help people with asthma stay out of the emergency room, out of the hospital and as active as everyone else. It is an ideal guide for parents, patients and anyone who needs a quick asthma reference book. Accurate, clear, and illustrated with line drawings and charts, One Minute Asthma covers the basics of asthma and the medicines used to treat it. Readers will learn how to recognize symptoms, monitor the progress of an episode and communicate clearly with health professionals. Also available in Spanish.

Book Information

Paperback: 63 pages

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #734,118 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #95 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#) #214 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#)

Customer Reviews

Thomas F. Plaut, M.D. has cared for thousands of people with asthma. He is a nationally known specialist and the author of several books on asthma for professionals and patients. Dr. Plaut believes that most people with asthma have the ability to manage it at home. After they learn the basics of asthma, they can work out an effective asthma care plan with their doctor, nurse or respiratory therapist. Using the plan as a guide they will be able to lead fully active lives and avoid asthma emergencies. After graduating from Yale with a degree in history, Dr. Plaut received his medical degree from Columbia University and his pediatric training at New York University-Bellevue Medical Center. He practiced pediatrics for twenty-four years in Appalachia, the South Bronx, and in Massachusetts before founding Asthma Consultants in 1988.

Everything just fine!

This concise little book contains everything you need to know in order to provide yourself or someone in your care with excellent asthma management. Dr. Plaut has taken all of the most up-to-date knowledge we have about asthma care and has distilled it into a highly user-friendly, easy-to-read guide. It is simultaneously comprehensive and brief, complete and to-the-point. It is especially useful for those who wish to learn all they need to know but who may not have the time or inclination to read through a more detailed resource (e.g., Plaut's Asthma Guide for All Ages). I especially recommend it to anyone working with children who may have asthma: teachers, day-care providers, camp counselors, etc. I recently gave it to my teenage daughter (who has asthma) so that she could better understand how to take care of herself. With a busy teenage schedule, she would never have taken the time to read through an entire book, but One-Minute Asthma provided her with the essential information she needed to know without taking up a lot of her time.

Dr. Plaut demystifies the signs of asthma, how asthma can be effectively treated, and how to find a good asthma doctor in this easy-to-read booklet. It is a helpful reference as we learn how to best treat our young son's asthma symptoms.

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