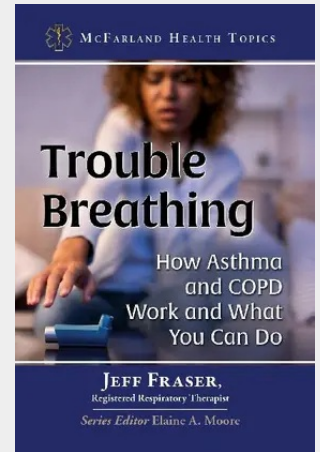


Trouble Breathing

How Asthma and COPD Work and What You Can Do

Breathing is so fundamental to life, that the brain is hardwired to the extent that when breathing is compromised for any reason, nothing else matters. Shortness of breath is naturally an attention-getter, but when breathing problems become frequent, help is needed. Of course, health care providers are there to help and prescribe medication that brings temporary relief, but many patients leave with unanswered questions about more permanent, long-lasting treatments or cures. This book guides respiratory patients on having the most productive relationships with their doctors. A registered respiratory therapist, the author uses almost fifty years of clinical experience to outline how patients can be more active participants in their own medical care. With a better understanding of the right questions to ask, more beneficial discussions with doctors will help 'fine-tune' every individual's medical care plan.

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