

Ignorance about the disease of asthma kills. Knowledge about asthma saves lives. This book will teach you how to recognize the signs of asthma. How to correctly identify the asthma severity category based on symptoms, pulmonary function, interference with your daily activities, or your use of quick-relief medicines. This book will answer questions you need to know the answers to like; Do I have asthma? How do I know when and how to use my medicine? How do I use the different devices the asthma medicines come with? What is a peak flow meter and why do I need one? Will I grow out of this? Can I still engage in my favorite sport? How does my medicine work? What's happening inside my lungs when I'm having an asthma attack?

First, we'll discuss exactly what asthma is and why it's dangerous. Various definitions of asthma have been used over the years but as the medical community has learned more about the disease, the definition has been made more and more accurate. In this book, we'll explain how your various asthma medicines work by pointing to their place of action within the current asthma definition. We'll discuss at length how the various asthma devices are used and point out the things you should always do and the things that you should never do. We'll explain what a trigger is and how to avoid them. We'll make this often complicated subject of asthma a simple matter that you'll easily be able to understand and remember.

In *The Easy Guide to Understanding and Managing Your Asthma*, you'll find charts and forms which will guide you in treating, measuring the severity of, and managing your asthma. Virtually all of this information can be found in the Expert Panel's third report on asthma but that body of work was written by professionals for professionals. This book has been written for you or any non-medical person. Simple principles about understanding how to recognize and manage your asthma.

As each topic is explained, we'll move seamlessly into the next, with the overall goal of making you fully understand just what you're dealing with in asthma. What it is, how to treat it, what your medicines are all about and how they fit into the management of asthma, how to use the different asthma devices, and many other concerns that other books on asthma fail to mention.

*The Easy Guide to Understanding and Managing Your Asthma* will leave you with a deeper understanding of just what asthma is and how your effective management of it will help you to retake control of your life.