



# The Asthma Sourcebook, 2nd Edition

*Francis V. Adams*

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In the United States, as many as 12 million people are affected by asthma. Every asthmatic's goal is to live a normal life and the information in *The Asthma Sourcebook* can be a vital part of achieving this goal. It defines the different types of asthma and describes their causes, symptoms, and diagnoses and explains how asthma relates to diet, exercise, allergies, stress, pregnancy, and childhood. The book also provides expanded information on a number of new asthma medications, how they are dispensed, and the risks associated with these new drugs.

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