



A Complete Guide to Asthma

Bernadette Sneed

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This book contains proven steps and strategies on how to stop asthma attacks. The statistics of asthma in the US are alarming and diagnosed cases of asthma in young children are increasing dramatically. At present, approximately 7 million children, which is about 10% of children in the US are affected by asthma. Asthma is often scary, frustrating, and unpredictable and treatment is expensive. Currently, it is the leading cause of the school absence and childhood hospitalization and deeply disrupts both children's and their parent's lives. This compassionate book on asthma prevention for children presents a simple and easy to implementable, step-by-step program that parents can use to manage asthma symptoms and attacks and live a relatively normal life with this stressful health condition.

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