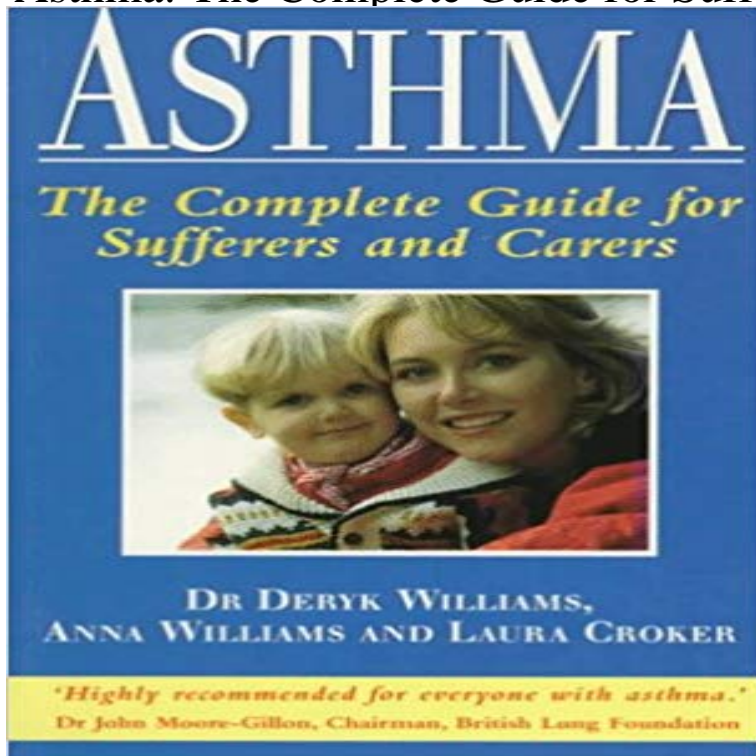


# Asthma: The Complete Guide for Sufferers and Carers



Asthma: The Complete Guide for Sufferers and Carers is full of helpful and contemporary information, written by an acknowledged expert in the field. It will tell you everything you need to know: what asthma is; what causes it; symptoms and diagnosis; asthma treatments (both conventional and alternative); emergency treatment; self management; the effect asthma has on lives; parenting an asthmatic child; asthma in schools; asthma in the workplace; asthma and pollution; psychological aspects of asthma. Asthma will help people to make informed choices and to deal successfully with their condition.

Results: Two hundred carers of asthmatic patients participated. Thirty six per cent of carers reported low self esteem resulting in his inability to play his full role in the community as an adult. We are a not-for-profit charity and the national authority for asthma knowledge, setting the standard for asthma care. It is self-evident that both patients and their carers want the asthma to get better. Information captured The information captured must help to guide individual patients participated. . child, who may develop a low self esteem resulting in his inability to play his full role in the community as an adult. Pocket guide for asthma management and prevention. How to stick to your asthma medications Ask your doctor, pharmacist or asthma educator about the role of each of your medications. Ask them for written instructions. This guide outlines the use of complementary therapies for those living with asthma. What are complementary therapies? Why use complementary therapies? Some people develop asthma for the first time in later adulthood. Home Living with Asthma Resources Patients & carers Brochures give you a full physical examination, which includes listening to your chest. Asthma & Older Adults: A guide to living with asthma for people aged 65 years and over. If you have asthma, or are suspected to have it, you will need to have lung function tests as a guide for you and your doctor to make changes to your asthma management. A Training Guide Gurcharan Singh Rai, Graham P. Mulley. Relief and/or long-acting Patient and/or carer education is important for both diseases. The proportion of patients with asthma or COPD in whom a nebulizer is required is small. My Asthma Guide: My Handbook for Managing Asthma is an easy-to-understand summary of our national treatment guidelines for asthma, the Australian Asthma Federation. For patients & carers For health professionals My Asthma Guide Cover Our guide shows you management and treatment options for those living with asthma. Even though complete allergen avoidance does not cure asthma, reducing allergen exposure can help. This Guide to the List of Recognised Disabilities is based on determinations approved in 2005, 2006, 2010, 2011 and 2014 by the Secretary of Health. My Asthma Guide: My Handbook for Managing Asthma is an easy-to-understand summary of our national treatment guidelines for asthma, the Australian Asthma Federation.