



# Asthma

*Allan M. Weinstein*

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For the over 10 million asthma or allergy sufferers in this country alone, Dr. Allen Weinstein has developed a safe, effective self-care program that enables you to control the symptoms and learn what factors can trigger attacks (and how to avoid them); how to select the medication that's best for you; how to design a treatment program for your specific case history; what special precautions to take for children, teenagers, pregnant women, middle-aged men, and older people; what to do in an emergency--and much more. Comprehensive, practical, and up-to-date, here is information that will help you and your family breathe easier.

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