

**2nd
Edition**

"Adams reviews the physical anatomy involved in asthma, describing what the condition is and isn't, and highlighting its many factors . . . presents topics in a logical and straightforward manner, offers graphics and diagrams to aid the reader . . . and resources for those who wish to investigate further."

—*Harvard Women's Health Watch*

The Asthma Sourcebook

Everything You Need to Know About:

- ❖ Recognizing the signs and symptoms of asthma
- ❖ How to reduce the risk of an asthma attack
- ❖ Asthma medications and delivery systems
- ❖ Treatment strategies for mild, moderate, and severe asthma
- ❖ Special considerations and related illnesses

FRANCIS V. ADAMS, M.D.

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