



# The Children's Hospital of Philadelphia Guide to Asthma: How to Help Your Child Live a Healthier Life

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## **The Children's Hospital of Philadelphia Guide to Asthma: How to Help Your Child Live a Healthier Life** Children's Hospital of Philadelphia

While asthma can't be cured, it can be treated and controlled so that your child can enjoy a healthier, more active life. In this important guide, the experts at the top-ranked children's hospital in the United States clearly explain what asthma is and how parents, caregivers, and young patients can manage it successfully. The Children's Hospital of Philadelphia Guide to Asthma features the most up-to-date information on the disease and the keys to optimal preventive treatment-controlling environmental conditions that trigger symptoms, making a proactive medical treatment plan, and consistently putting it into action at the first sign of trouble. You'll discover how asthma is diagnosed, what the common triggers are, how to select the best asthma medicines, and how to protect your child in and away from your home to help him or her live a fulfilling childhood that is as symptom-free as possible. This book:

- \* Reveals how to manage acute and emergency episodes of the disease
- \* Explains how to asthma-proof your home
- \* Addresses sports and exercise issues for children with asthma
- \* Discusses the special needs of toddlers and teens
- \* Features a series of vignettes about children with asthma
- \* Includes educational materials and resources, including community support

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