



Your Asthma Story: Asthma and Allergic Rhinitis (Hay Fever) Education for the Layperson

Srn Rm Rhv Dne Sheilah Mitchell

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Gasping and shortness of breath after even minimal activity does not have to be in the cards for asthmatics. Just because you have asthma, doesn't mean you can't live a normal life. Sports and activities are possible! Your Asthma Story: Asthma and Allergic Rhinitis (Hay Fever) Education for the Layperson lays out the argument that by regularly taking the proper medicine, you can avoid the symptoms of asthma. Many asthmatics believe they can never do sports, and parents often stop their asthmatic child from taking part in activities because their child coughs or gets out of breath with exercise. They don't realize that there are medicines designed to avoid all these symptoms and that the asthmatic can lead a normal life. Learn the signs and symptoms of asthma and what to tell your doctor. The book includes a short anatomy of the airways and the changes that take place in the lungs with asthma. An asthma management plan with frequently asked questions and instructions on taking medicine and using breathing devices are explained. The important thing is that patients must continue to take their medicine even when they feel better. You can win the race defeating asthma and soar with eagles! Sheilah Mitchell, SRN, RM, RHV, DNE, was trained as a nurse at Groote Schuur Hospital in Cape Town, South Africa, famous as the site for the world's first heart transplant. She worked seventeen years for GlaxoSmithKline providing asthma education to doctors and patients. This is her first book. She now lives in a suburb of Johannesburg. Publisher's website: <http://sbpra.com/SheilahMitchell>

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