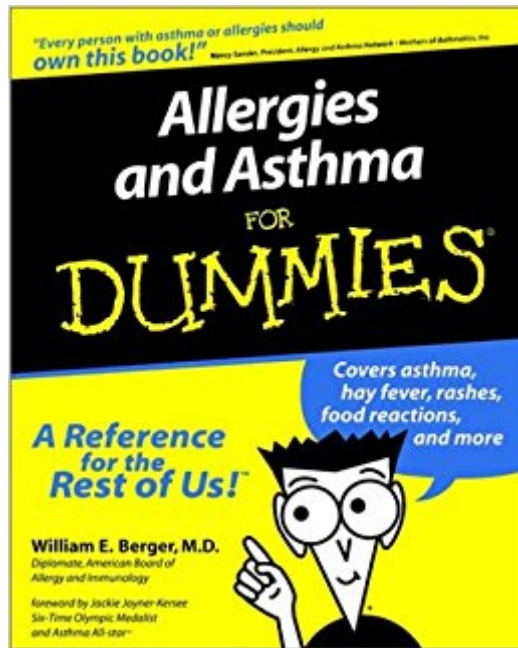




The book was found

Allergies And Asthma For Dummies



Synopsis

Sneezing. Sniffling. Hives. Rashes. Burning eyes. Runny nose. Sinus headache. Scratchy throat. Asthma attacks.... Whether you're reacting to pollen or peanuts, your boyfriend's cat or your girlfriend's pooch, your husband's aftershave, or your neighbor's barbecue, allergies are definitely a drag. And if left untreated, the symptoms can lead to bigger health problems down the road. Sadly, there is no cure for hypersensitivity disorders, as doctors call them. But you can minimize your risk of having allergic reactions and you can live symptom-free. And *Allergies and Asthma For Dummies* tells you how. If you suffer from some type of allergic condition and/or asthma, this complete, down-to-earth guide can be your first big step toward feeling better than you've felt in years. Drawing on his more than twenty years of professional experience, nationally recognized allergy and asthma expert Dr. William E. Berger fills you in on what you need to know to:

- Understand allergies and asthma
- Relieve hay fever symptoms safely
- Control adult and childhood asthma
- Deal with allergic skin conditions
- Cope with food, drug, and insect sting reactions
- Allergy proof your home

Allergies and Asthma For Dummies is packed with useful information and easy-to-follow action-steps you can put to work immediately. Dr. Berger clears up common myths about allergies and asthma and makes some of the most difficult medical mechanisms understandable for the rest of us. With wit and compassion, he answers all your questions about:

- How the immune system works and what causes allergies and asthma
- All known types of allergic conditions and how to recognize them
- Hay fever, its triggers, prevention and treatments
- Asthma, what it is, how you get it, and the best ways to manage it
- Allergic eczema, contact dermatitis, hives, swelling, and other allergic skin conditions
- Food, drug, and insect sting reactions and how to recognize, prevent, and treat them

With up-to-the-minute advice and guidance on prevention, treatment, and management, *Allergies and Asthma For Dummies* is just what you need to find relief from what ails you.

Book Information

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Customer Reviews

If allergies make you wheeze, sneeze, drip, itch, puff, or droop, or if asthma makes you feel like an elephant is standing on your chest, you'll want to read *Allergies and Asthma for Dummies*. Author William Berger, M.D., M.B.A., knows his stuff. He is a practicing allergist, a member of the task force that developed national guidelines for treating allergic diseases, and a former staff allergist for the U.S. Olympic Swim Team. You get much more than the basics here. You learn how to prevent and treat the common types of allergies, with extensive information on hay fever and skin rashes, and short but helpful sections on allergic reactions to food, drugs, and insects. The asthma section is especially comprehensive, with instructions for recognizing and managing asthma triggers, monitoring air flow, selecting the best medications for both short-term and long-term relief, and special considerations for pregnant women and children. The book covers both self-help and pharmacological treatment methods in depth, but not alternative treatments. One of the most helpful chapters is "Relieving Your Rhinitis," which will appeal especially to the 45 million Americans who suffer from hay fever. Allergic rhinitis (the medical term) is not a fever and is caused not by hay, but rather by airborne pollen from grasses, trees, and weeds. The commonly used over-the-counter antihistamines, decongestants, and nasal sprays may not be your best choice, says Berger. He describes the uses and advantages of recommended prescription drugs, and advises a medical evaluation to choose the right one for you. The book's style, though still easy to understand, is not as casual or humorous as the typical *For Dummies* book. This may be because Berger is more intent on packing a bundle of helpful medical information into the book than being witty. --Joan Price

Controlling Allergies For Dummies covers all types of allergies, including some that frequently go unrecognized! It contains a comprehensive review of the latest treatment options and tips on allergy-proofing your home and work environment and other practical advice.

Great book by a great Doc! A must read by those suffering from allergies and asthma!

I got this book about two weeks after my 9-year-old son suffered his first asthma attack. After reading it, I feel much better prepared to cope with his condition. The author's tone is reassuring without being condescending. And there is an enormous amount of information, everything from how to choose a specialist to charts describing the effects and usual dosages of the most common medications. Since I have been suffering from allergies and sinus problems myself this spring, it was especially useful. I think this might be the best investment in our family's health I ever made!

Finally, a book that quickly synthesizes complex information into usable pieces! Allergies and asthma are de-mystified with practical examples. Dr. Berger's approach is uplifting, reassuring, and warm. No preaching or insistence that you do things his way or no way as in the case of so many other authors of asthma and allergy books. Top Choice on Allergy and Asthma Network/Mothers of Asthmatics, Inc. (AANMA) book list. ---Nancy Sander, President, AANMA

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