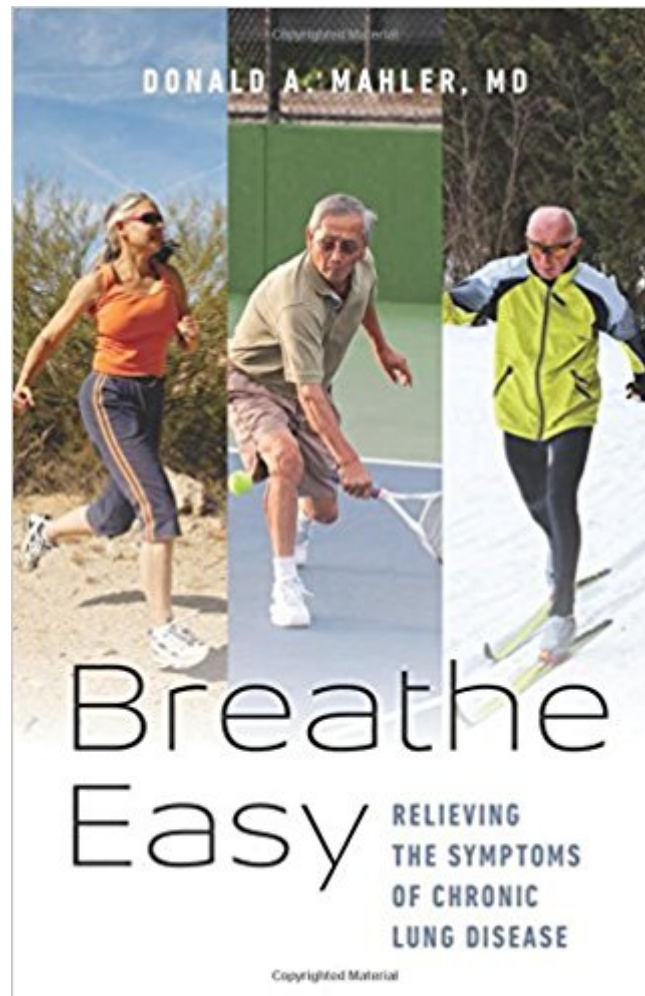




The book was found

Breathe Easy: Relieving The Symptoms Of Chronic Lung Disease



Synopsis

Most people don't think about breathing; it is an automatic, unconscious act. However, the majority of those with asthma (26 million Americans); chronic obstructive pulmonary disease, or COPD (24 million Americans); or interstitial lung disease (1.2 million Americans) are aware of their shortness of breath because it interferes with work or other daily activities. As a result, these individuals seek medical attention for diagnosis and treatment. *Breathe Easy*, written by a pulmonologist, explains what constitutes normal breathing, what causes someone to feel short of breath, and what can be done to improve one's breathing. In chapters on asthma, COPD, and interstitial lung disease, Dr. Donald A. Mahler addresses the origins and treatments of these conditions, and offers advice for both standard and alternative therapies to breathe easy. Other chapters describe how we breathe, how to understand respiratory difficulties like chronic shortness of breath, the correct use of inhalers, the effects of aging on the brain and body, and the benefits of exercise. His final chapter provides valuable advice about traveling with oxygen. Illustrated with over fifty enlightening medical graphics, *Breathe Easy* offers a complete and compact guide for the millions of Americans who are limited by their breathing.

Book Information

Paperback: 184 pages

Publisher: ForeEdge; 1 edition (June 6, 2017)

Language: English

ISBN-10: 1611689023

ISBN-13: 978-1611689020

Product Dimensions: 5.4 x 0.5 x 8.4 inches

Shipping Weight: 7.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,019,966 in Books (See Top 100 in Books) #120 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #134

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #282

in Books > Medical Books > Medicine > Internal Medicine > Pulmonary

Customer Reviews

"This book will be indispensable in advancing patients' collaborative self-management—a very valuable resource!"—James K. Stoller, MD, MS, Cleveland Clinic
"Written by an expert in respiration. . . . Adds novel wisdom that will boost

the well-being of readers. • Roberto P. Benzo, MD, MS, Mayo Clinic “Patients and their families will benefit greatly from this book. • Sidney S. Braman, MD, Icahn School of Medicine at Mount Sinai

“Breathe Easy, written by one of the very few experts in this area, provides practical suggestions for improving the lives of people with lung disease. • (Barry Make, MD, National Jewish Health) “Lays out fundamental information about diseases that cause breathing difficulty. . . A great resource, as it conveys important and key messages that every patient and caregiver need to know. • (Nicole A. Hanania, MD, MS, Baylor College of Medicine) “We take breathing for granted until we have problems doing it. Dr. Mahler walks readers through the basic of breathing and, most importantly, how to improve breathing for the millions of people who suffer from a chronic respiratory disease. • (David M. Mannino, MD, University of Kentucky) “Individuals suffering from chronic conditions such as asthma, chronic obstructive lung diseases, and lung fibrosis will find this book invaluable and, above all, self-empowering. I cannot recommend this book strongly enough • must read for those coping with chronic lung disorders. • (Denis E. O'Donnell, MD, Queens University and Kingston General Hospital) “In this very handy book, Mahler, a world renowned expert in the sensation of breathing, addresses questions frequently asked regarding the experience of shortness of breath. The chapters are easy to read, progress nicely, and are accompanied by easily understandable illustrations. Mahler also draws our attention to issues associated with a sedentary lifestyle, aging, brain function and mood. . . . This book is a most welcome addition. • (Roger Goldstein, MB ChB FRCP (UK) FRCP (C), Head Respiratory Medicine West Park Healthcare Centre)

Excellent book by a brilliant pulmonary doctor.

[Download to continue reading...](#)

Breathe Easy: Relieving the Symptoms of Chronic Lung Disease
Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)
Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101)
Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Psoriasis, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac) (Volume 1)
Lung Cancer Causes, Symptoms, Stages &

Treatment Guide: Cure Lung Cancer With A Positive Outlook Fighting Lung Cancer: Discover How You Can Fight Lung Cancer Symptoms & Live Longer UNDERSTANDING Lung Cancer | Signs, Symptoms, Treatment & Prevention: A Quick Guide to Lung Cancer Stop Being Your Symptoms and Start Being Yourself: The 6-Week Mind-Body Program to Ease Your Chronic Symptoms Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms Coloring Book for Adults & Grown Ups : An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages) Food Journal for Celiac Symptoms: Track Celiac Disease Symptoms The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease A Simple Guide To Chronic Obstructive Lung Disease, Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions) Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receding Gums) The Everything Parent's Guide to Children with Asthma: Professional advice to help your child manage symptoms, be more active, and breathe better Disease Markers in Exhaled Breath (Lung Biology in Health and Disease) Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)