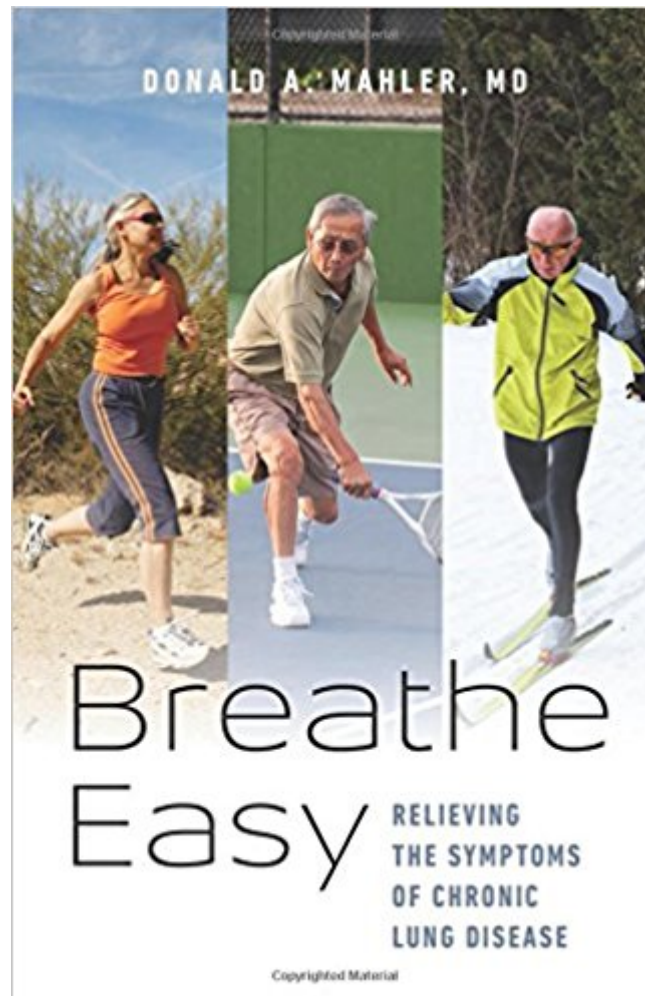




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# Breathe Easy: Relieving The Symptoms Of Chronic Lung Disease



## 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

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## 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" • a "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.

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