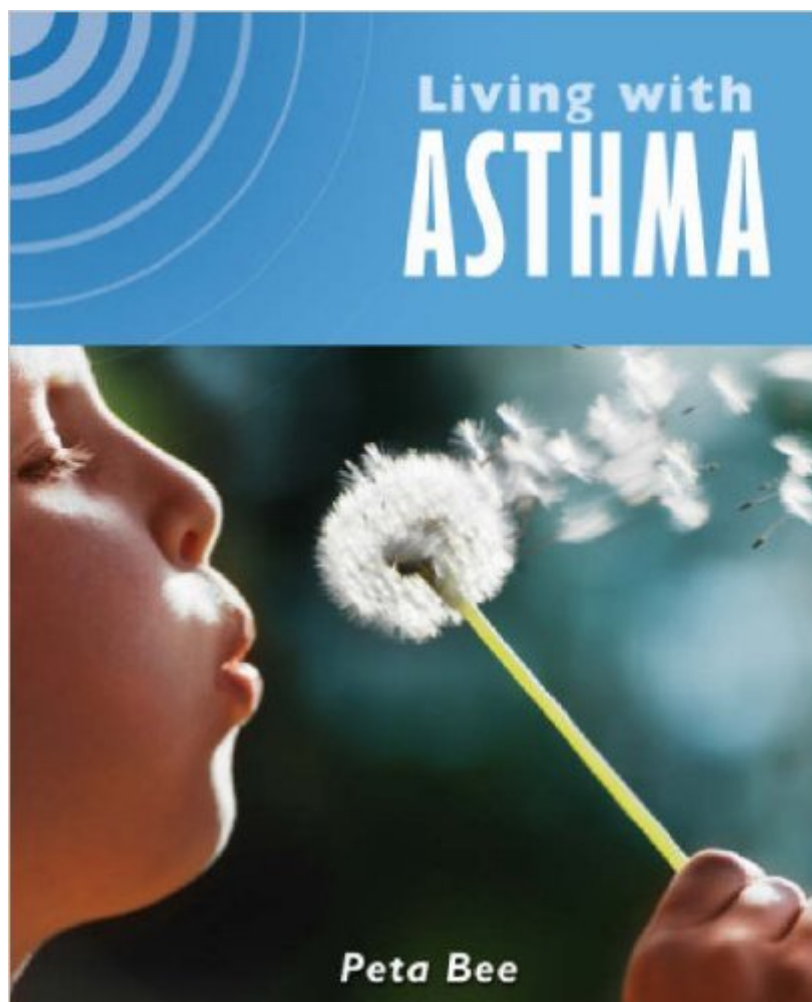


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# Living With Asthma



## Synopsis

This engaging book gives readers a clear idea of what it is like to live with asthma both for sufferers and their family and friends. Looking at the different lives of three individuals, the book describes what asthma is, what triggers it, in particular house-dust mites, how medicines can help, how to avoid asthma triggers, how to exercise when exercise triggers asthma, protecting against poor air quality, what to do in an emergency, and getting help.

## Book Information

Series: Living with (Book 12)

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