



Your Family Doctor Asthma: Understanding Asthma / Avoiding Allergies / Proper Use of Inhalers

Dr Vinod Wadhwa

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You can live a full and active life even if you have asthma. The trick is to learn how to keep the asthma symptom-free. Recognising and avoiding asthma triggers, not ignoring the medication prescribed and following a definite action plan, mentioned inside this very practical and simple book, will take you a long way in managing this chronic disease. So relax, take a deep breath and let's fight asthma together!

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