

# The Harvard Medical School

GUIDE TO

# Taking Control of Asthma

Personalized  
Programs for  
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Women, and  
the Elderly

A Comprehensive Prevention and  
Treatment Plan for You and Your Family

Christopher H. Fanta, M.D., Lynda M. Cristiano, M.D.,  
and Kenan Haver, M.D., with Nancy Waring, Ph.D.

# The Harvard Medical School Guide To Taking Control Of Asthma

**Peter Wayne, Mark L. Fuerst**



## **The Harvard Medical School Guide To Taking Control Of Asthma:**

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large scale endeavor to map every gene implicated in cancer and the first step toward development of new therapies for treating this still baffling disease This spin off of the human genome project is only the latest exciting research advance in a decades long quest to fully understand the biochemistry of the human body and thereby gain insights into the secrets of health disease and aging Biochemist and veteran lab researcher Frank H Stephenson tells the compelling story of how scientists on many fronts are succeeding in the battle against disease With a gift for making the complexities of genetics and biochemistry understandable to the average reader Stephenson offers a fascinating tour of the mechanisms of our body and the therapeutic techniques that are gaining in sophistication and effectiveness every year From heart disease to AIDS and cancer he helps you understand how the tools of biotechnology are being used to combat our most common afflictions Stephenson examines a wide variety of health threats and illnesses HIV infection the many forms of cancer asthma diabetes Alzheimer s obesity and even erectile dysfunction Each is discussed in terms of its root cause and treatment in plain jargon free language that not only educates but also entertains This is the ideal primer on the biotechnology revolution for the layperson Stephenson offers many insights into both the diseases that destroy health and the great promises that biotechnology offers for preserving and prolonging a healthy life

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