

# The Harvard Medical School

GUIDE TO

# Taking Control of Asthma

Personalized  
Programs for  
Children,  
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

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

**The Harvard Medical School Guide to Taking Control of Asthma** Christopher H. Fanta, Lynda M. Cristiano, Kenan E. Haver, 2003 This is the most comprehensive authoritative guide to asthma covering everything from the causes of attacks to the best treatment program and featuring practical straightforward advice on handling special cases *The Harvard Medical School Guide to Men's Health* Harvey B. Simon, 2004-02-03 Presents practical health advice for men covering diet and exercise supplements alcohol stress control men's diseases and disorders and the health care system **100 Questions and Answers about Asthma** Claudia S. Plottel, 2005 If you suffer from asthma or have a friend or relative who does this book offers help the only book to provide the doctor's and patient's view 100 Questions and Answers About Asthma gives you authoritative practical answers to your questions about treatment options coping strategies for both patient and family sources of support and much more Written by a world class asthma expert and featuring insider's advice from an actual patient this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this debilitating disease Mind Over Menopause Leslee Kagan, Herbert Benson, Bruce Kessel, 2004-04-13 A groundbreaking mind body program for perimenopause and menopause uses relaxation response techniques nutrition and exercise to manage menopause symptoms Eat, Drink, and Be Healthy Walter Willett, P.J. Skerrett, Edward L. Giovannucci, 2017-09-19 In this national bestseller based on Harvard Medical School and Harvard School of Public Health research Dr Willett explains why the USDA guidelines the famous food pyramid are not only wrong but also dangerous 100 Questions and Answers about Your Child's Asthma Claudia S. Plottel, B. Robert Feldman, 2007-06 The authors provide authoritative practical answers to your questions about childhood asthma treatment options post treatment quality of life coping strategies for both patient and caregiver and sources of support *Mind Your Heart* Aggie Casey, Herbert Benson, 2004-04-13 This book's groundbreaking Cardiac Wellness Program uses relaxation response techniques nutrition and exercise to reduce cholesterol blood pressure and other risk factors for heart disease Chronic Diseases Jean Kaplan Teichroew, 2016-12-05 This comprehensive two volume work provides an overview of an area of growing concern offering readers a one stop resource for researching the chronic conditions that increasingly plague our society Chronic diseases and their consequences are among the foremost problems faced by the U S health care system accounting for untold distress and mounting personal and societal costs Bringing together an unprecedented array of detailed data and facts this unique two volume encyclopedia provides information that will help readers understand what they can do to avoid these diseases as well as how to best manage chronic conditions that may affect them or their families Designed for high school public and university libraries this three volume set covers an extensive range of disorders including diabetes cancer high blood pressure asthma heart disease arthritis osteoporosis kidney disease Alzheimer's disease HIV AIDS and hepatitis Depression and anxiety are covered as are violence and injury drug use and abuse and tobacco as a health hazard Much more than just a list of diseases this

encyclopedia enables readers to easily research terminology symptoms methods of diagnosis medical treatments and alternative medicine risk factors associated conditions and preventive approaches The work is consistent with Healthy People 2010 national goals and objectives and with National Health Education Standards *Asthma* Wendy Murphy,2011-01-01 Details the disease of asthma from common symptoms and diagnosis to different forms of treatment **What Works with Children, Adolescents, and Adults?** Alan Carr,2008-08-18 This book provides an up to date review of research on the effectiveness of psychotherapy and psychological interventions with children adolescents adults people in later life and people with intellectual and pervasive developmental disabilities **Harvard Medical School Family Health Guide** Harvard Medical School,2005 An accessible guide to family health care discusses drug interactions symptoms first aid and how to choose a family doctor including a new research about hormone therapy and heart surgery Miracle Medicines Robert L. Shook,2007-03-01 It s the business of saving lives *Miracle Medicines* goes behind the scenes of the pharmaceutical industry and into the high security laboratories to tell the stories of the men and women chemists physiologists medical and clinical researchers engineers who have chosen to toil for years in the lab in order to transform scientific theories into new lifesaving medicines You ll witness the day to day labors victories and defeats of the dedicated professionals who are waging a war against the diseases that still plague mankind From the confines of their laboratories these pharmaceutical adventurers explore unknown territories in health and science *Miracle Medicines* reveals what really happens during the long and uncertain journey that each new drug and its creators must endure from theory to research to testing and finally FDA approval and delivery to the public It s a very human story within the context of fascinating scientific innovation Through first hand interviews you ll also meet the patients who benefit from these manmade miracles and learn how within their bloodstreams an ongoing battle is raging The drugs profiled are Advair GlaxoSmithKline s revolutionary asthma medication the first packaged as both a control and emergency drug Gleevec The Novartis chronic myeloid leukemia treatment born from decades of medical research in a field of study that was once considered hopeless Humalog Eli Lilly s reinvention of insulin to control diabetes has been described as being better than nature Lipitor Pfizer s miracle antidote for high cholesterol that was nearly lost to the pharmaceutical vaults and has since become the world s top selling medicine Norvir Abbott s contribution to the fight against HIV that nearly erases all traces of the disease from the bloodstream and prolongs the life of patients Remicade Created for the treatment of Crohn s disease rheumatoid arthritis and other Immune Mediated Inflammatory Diseases Johnson Johnson s revolutionary biomedicine was developed from technology that once was only found in science fiction Seroquel AstraZeneca s treatment for both schizophrenia and bipolar mania that has given millions of psychiatrics a new lease on life This compelling and truth revealing book will forever change the way you view the medicines in your medicine cabinet and the people who create them **DNA** Frank H. Stephenson,2011-01-27 In the fall of 2005 leading scientists from the National Cancer Institute announced the beginning of the cancer genome atlas project a

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

**The Harvard Medical School Guide to Tai Chi** Peter Wayne, Mark L. Fuerst, 2013-04-09 A longtime teacher and Harvard researcher presents the latest science on the benefits of Tai Chi as well as a practical daily program for practitioners of all ages Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries regular practice leads to more vigor and flexibility better balance and mobility and a sense of well being Cutting edge research from Harvard Medical School also supports the long standing claims that Tai Chi also has a beneficial impact on the health of the heart bones nerves and muscles immune system and the mind This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works Dr Peter M Wayne a longtime Tai Chi teacher and a researcher at Harvard Medical School developed and tested protocols similar to the simplified program he includes in this book which is suited to people of all ages and can be done in just a few minutes a day This book includes The basic program illustrated by more than 50 photographs Practical tips for integrating Tai Chi into everyday activities An introduction to the traditional principles of Tai Chi Up to date summaries of the research on the health benefits of Tai Chi How Tai Chi can enhance work productivity creativity and sports performance And much more

**Asthma** Clay Farris Naff, 2009-09-28 Contains nineteen essays that present varying perspectives on asthma providing an overview of the disease and also discussing causes symptoms treatment options controversies and personal experiences

**Time** Briton Hadden, Henry Robinson Luce, 2005-05

**Self**, 2004

**Senior High Core Collection** Raymond W. Barber, Patrice Bartell, 2007 Features annotations for more than 6 200 works in the main volume 2007 and more than 2 400 new titles in three annual supplements published 2008 through 2010 New coverage of biographies art sports Islam the Middle East cultural diversity and other contemporary topics keeps your library s collection

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