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Family guide to asthma and allergies

Norman H. Edelman

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If you are the parent of a child with asthma, you know there is nothing more terrifying than the gasping and wheezing that signal an attack. Your child's allergies, however; can cause equally frightening reacitons, and in fact the two conditions are often linked. With this complete guide, the American Lung Association demystifies the connection between asthma and allergies and offers a thorough discussion of triggers, treatment, and preventive help, including: How to recognize early indicators and lessen the possibility of a child's allergic reaction or asthma attack. What causes asthmatic symptoms and problems that can mimic asthma. How to use a metered-dose inhaler, how to cope with a medical emergency, and when to call a doctor. Trigger-proofing an asthmatic or allergic child's environment. Understanding and treating allergic rhinitis (hay fever). Managing food allergies, skin allergies, and other common allergic conditions. The family's role. What to tell the baby-sitter. Important facts regarding school, exercise, and time away from home. Information on asthma camps, local ALA chapters, and other affiliated organizations.

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