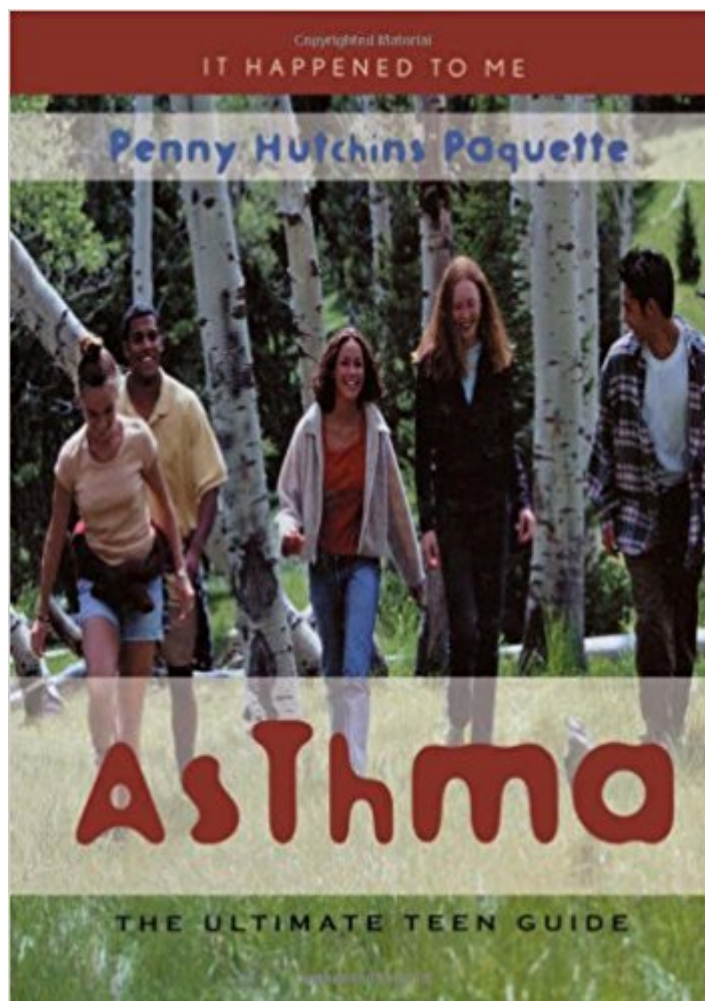


The book was found

# Asthma: The Ultimate Teen Guide (It Happened To Me)



## Synopsis

This easy-to-read guide provides specific information that teens can use to better monitor and manage their illness and improve their quality of life while living with asthma. What happens in the body during an attack, what specific triggers might make asthma worse, medications that can help, and symptoms that signal asthma is getting worse are all covered. Teens will not only find factual information to take a proactive role in the management of their illness, but they will also enjoy reading interviews with other teens who have asthma and finding out how they feel about taking medication, what it feels like to have an asthma attack, and how they deal with inquiries from their friends.

## Book Information

Series: It Happened to Me (Book 5)

Paperback: 184 pages

Publisher: Scarecrow Press; 2nd edition (September 18, 2006)

Language: English

ISBN-10: 0810857596

ISBN-13: 978-0810857599

Product Dimensions: 7.1 x 0.5 x 10 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,003,161 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #200 in Books > Health, Fitness & Dieting > Teen Health #219 in Books > Teens > Personal Health > Diseases, Illnesses & Injuries

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

...Paquette provides a credible resource for young teens and parents, with end resources and definitions provided. (VOYA)I will strongly recommend this book to adolescents and young adults afflicted with this chronic and sometimes difficult to treat illness. (Paul J. Hannaway, M.D., Allergy & Asthma Affiliates, Inc.)Provides a thorough understanding for teens who have just been diagnosed, as well as for those who have suffered the disease since childhood...Young readers will find the numerous sidebars and factoids quite interesting and informative...Recommended. (School Library Connection)

Penny Paquette had her first asthma attack more than 25 years ago. She is an educational writer and former school librarian. Penny is the coauthor of Learning Disabilities: The Ultimate Teen Guide.

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