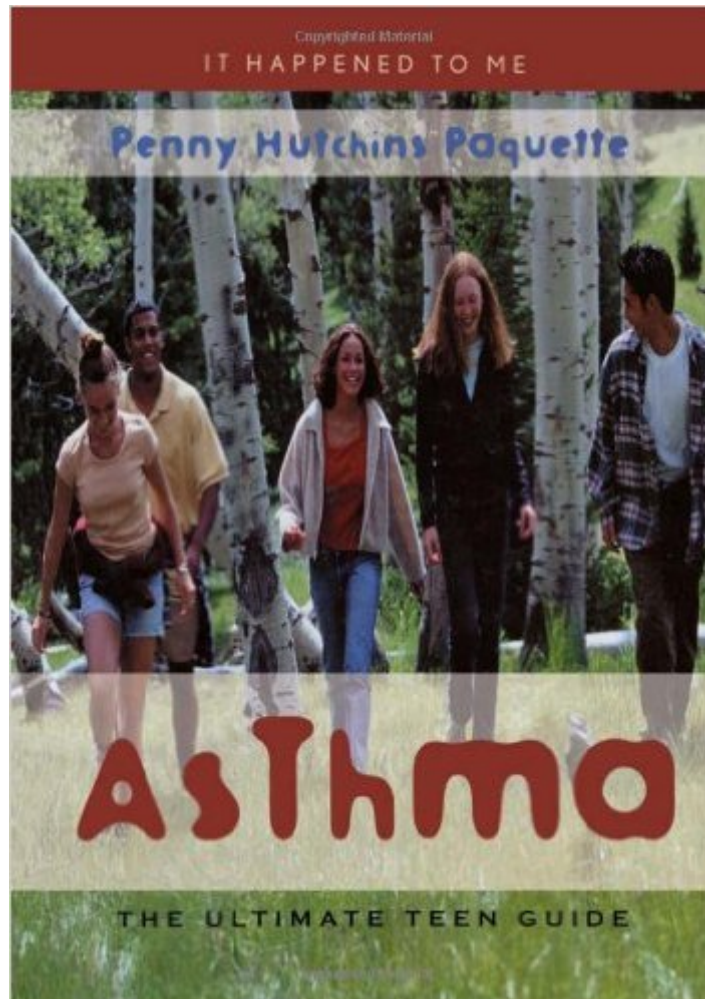


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# Asthma: The Ultimate Teen Guide (It Happened To Me)



## 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

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Product Dimensions: 7.1 x 0.5 x 10 inches

Shipping Weight: 1.6 ounces

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Best Sellers Rank: #3,916,595 in Books (See Top 100 in Books) #95 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #215 in Books > Health, Fitness & Dieting > Teen Health #253 in Books > Teens > Personal Health > Diseases, Illnesses & Injuries

Age Range: 12 - 17 years

Grade Level: 7 - 12

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