



# Understanding Asthma (Understanding Health and Sickness Series)

*M.D., Phil Lieberman*

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Asthma affects 21.5 million Americans, and that number is on the rise. With over a third of its sufferers under the age of 21, this lung affliction has become the most prevalent chronic disease among children, and the third most prevalent in the general population. In 1997, over five thousand Americans died of asthma attacks.

This rise poses a paradox almost as mystifying to physicians as the onset of an attack can be to the asthma sufferer. Doctors have made impressive advances in therapeutic treatment and vastly forwarded our knowledge of how the disease strikes the lungs. Why, then, is the number of victims growing?

Noting that understanding and education are key to halting this rise, Dr. Phil Lieberman has written *Understanding Asthma* for families of asthma victims and for the individual sufferer. His subjects of special focus include the lungs of an asthmatic, allergies which trigger the disease, and measures used to control asthma.

Featured are:

- A complete appendix of resource organizations with postal and e-mail addresses and phone numbers.
- A comprehensive examination of how the disease affects the lungs.
- A description of the tools the physician uses to diagnose and treat asthma.
- A thorough review and classification of current treatments.
- An insight into current research and the future of treatment and management.

Phil Lieberman is Clinical Professor of Medicine and Pediatrics in the Divisions of Allergy and Immunology at the University of Tennessee College of Medicine. He also practices privately at Allergy and Asthma Care in Memphis.

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