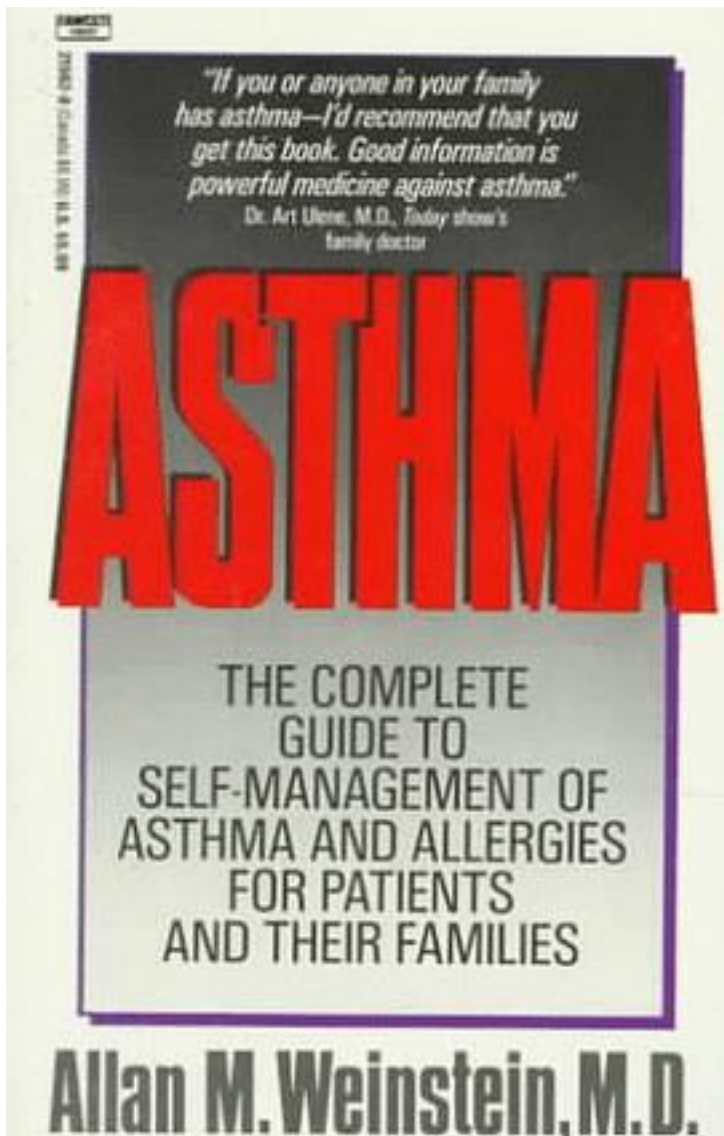


# Asthma



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著者:Allan M. Weinstein M.D.

出版者:

出版时间:1988-3

装帧:

isbn:9780449215623

For the over 10 million ashtma or allergy sufferers in this country alone, Dr. Allen Weinstein has developed a safe, effective self-care program that enables you to control the symptoms and learn what factors can trigger attacks (and how to avoid them); how to select the medication that s best for you; how to design a treatment program for your specific case history; what special precautions to take for children, teenagers, pregnant women, middle-aged men, and older people; what to do in an emergecny--and much more. Comperehensive, practical, and up-to-date, here is information that will help you and your family breathe easier."Essential for every asthma and allergy sufferer s library."Dr. Michael KalinerNational Institutes of Health

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