



# Conquering Asthma

*Michael T. Newhouse, Peter J. Barnes*

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Some 5% of the British population suffers from asthma. Worldwide childhood asthma is sharply increasing, as is asthma in the middle-aged. Attacks can be mild, and in some cases can be life-threatening. Since the 1940s increasingly effective medical treatments have been devised by scientists and doctors, and since 1980 great strides have been made in understanding and controlling the condition. Medical treatment is now so effective that 95% of all asthmatics should hardly know they have the disease. But the majority of asthmatics do not understand their condition well enough, nor do they administer the treatments effectively enough, to benefit fully from scientific and medical progress. In this text the authors, both of whom are eminent physicians specializing in the study and treatment of asthma, explain all aspects of asthma to the asthmatic. Using the information in this book, asthmatics will fully understand their condition, enabling them to monitor and undertake self care of the disease, control its effects and lead a full and healthy life. General practitioners, nurses, pharmacists and teachers should also find the book useful in explaining asthma to asthmatics and those close to them.

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