



Living with Food Allergies (Living With Health Challenges)

Carol Hand

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Living with Food Allergies features fictional narratives paired with firsthand advice from a medical expert to help preteens and teenagers feel prepared for dealing with food allergies. Topics include causes, risk factors and complications, testing and diagnosis, treatment, coping strategies, lifestyle changes, and getting help. Throughout the book, Ask Yourself This questions encourage discussion. Features include a selected bibliography, further readings, Just the Facts summary of medical facts about addiction, Where to Turn summary of key advice that includes contact information for helpful organizations, a glossary, source notes, and an index. Living with Health Challenges is a series in Essential Library, an imprint of ABDO Publishing Company.

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