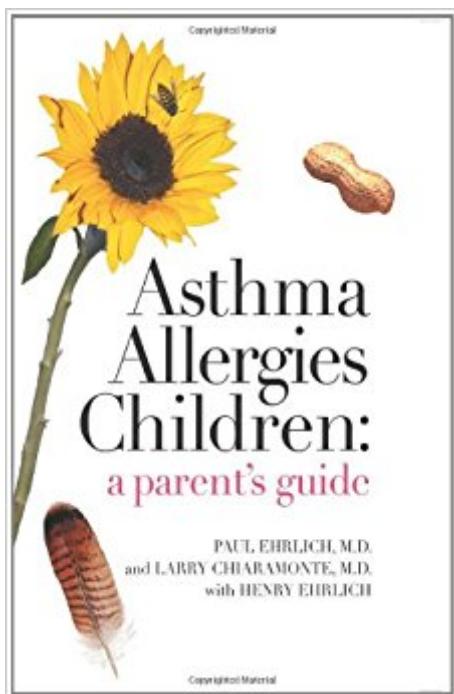


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# Asthma Allergies Children: A Parent's Guide



## Synopsis

Asthma and allergies are at epidemic proportions. It doesn't have to be that way. Two experienced pediatric allergists tell everything a conscientious parent needs to know about these conditions, the best in approved treatments, behavioral changes that can help control them, what families can do to reduce the toll that even severe asthma and allergies take on their lives, the myths and realities of alternative treatments and food allergies, skin allergies, advice for support groups, lists, checklists, and much, much more. Fun and entertaining, almost every page is enlivened by anecdotes from the authors' decades of practice showing the special rapport that have made them so successful in getting results and keeping patients out of emergency rooms. They make common cause with overworked pediatricians, general practitioners, and other primary care physicians who, because of the way our health care system is organized, are doing more asthma and allergy treatment than ever before. But wait! There's still more! *Asthma Allergies Children*, the book, is half of a new approach to providing specialty asthma and allergy care. It is being published simultaneously with the launch of [AsthmaAllergiesChildren.com](http://AsthmaAllergiesChildren.com), the new town square where parents and primary care physicians can pick the brains of specialists about their own children or patients. The website has mailbags for parents and doctors, pollen counts, news coverage, review of the latest developments in allergy science, "Tip of the Week" for controlling disease and discomfort, and guest editorials by the most important thinkers in the field. The authors say that they and their colleagues recognize must do more to leverage their knowledge. The ranks of Allergy specialists are dwindling even as the numbers of asthmatic and allergic patients are rising. The cost is immense. Asthma is the single largest cause of school and work absence. Allergic and asthmatic children lose out on all the things that childhood is supposed to be about. The book is the mother ship of the *Asthma Allergies Children* enterprise. Read about the connection between your child's nose and lungs, and how stopping allergy symptoms in the nose can reduce the danger of life-threatening asthma attacks; The hazards from chronic inflammation even when there are no visible symptoms; The damage to a child's body from over-reliance on "rescue" medication, and inadequate "control"; How modern technology can tell you if your child has been "naughty or nice"; The use and misuse of allergy testing, and how false positives can result in malnutrition in small children; The strengths and weaknesses of immunotherapy; The stages of an allergic life; and the most sympathetic and wisest advice ever to worried parents about managing a home where a child has severe allergies. And because every child is special, go to the website to ask that special question. *Asthma Allergies Children: A Parent's Guide* and [AsthmaAllergiesChildren.com](http://AsthmaAllergiesChildren.com)-a winning combination for helping your child lead a happier, healthier life. A veritable bible for parents of allergic kids. I enjoyed *Asthma*

Allergies Children tremendously. It is full of the kind of great stories that teach both patients and doctors more than mere facts. The science is explained in language you don't need an MD to follow. This book should be kept right next to the antihistamines and epinephrine, and used even more frequently. --Dr. Lisa Sanders, author of Every Patient Tells a Story. Her NY Times column "Diagnosis" inspired the TV drama, "House MD."

## **Book Information**

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## **Customer Reviews**

Asthma Allergies Children: a parent's guide Well-paced, clear and simple ... Made me feel as if I was being spoken to as an equal partner in the fight against allergies...plainspoken but in no way diluted. Susan Weissman --PeanutsinEden.com All-in-all this was a great book and a perfect gift for someone who is dealing with these issues on a daily basis! --dadofdivas.com

When my kids were diagnosed with serious (anaphylactic) food allergies, I didn't know where to turn. I wish I had found this book sooner. Asthma Allergies Children puts food allergies in the context of the broader immune system, connecting the dots between food allergies, environmental allergies, asthma, and eczema. It is easy to read, and provides useful and practical information for parents. It is by far the best guide on food allergies that I have found, and I would recommend it highly to anyone parenting a child with food allergies, asthma, or eczema.

Asthma Allergies Children: A Parent's Guide is a MUST HAVE food allergy book. If one is ever to

buy one book about atopic diseases, this is the one. It is one of the most well-written books to help parents learn about asthma and allergies and become empowered to make informed decisions about their child's care. When I started reading it, I couldn't put it down because there are detailed explanations that no doctor has ever taken the time to explain and because it also validated what I have learned through trying experiences. A parent dealing with a new diagnosis of allergies and/or asthma would benefit the most from reading this book. Topics covered include what are asthma and allergies, different kinds of testing methods, types of medications and why they're used, treatment options, and social-emotional aspects of living with the diseases. Sounds dry, right? But far from the truth as the book is interspersed with the doctors' poignant lessons learned from patients and often funny stories about their personal experiences. The doctors' stories are witty and personable and I know I would love to be a fly on the wall to observe them together, with their patients, or mentoring allergists in training. What's really unique about the authors' vision is that a book will become out of date quickly so they maintain a website, [...], (same title as the book) to provide updates, share stories and commentary about the latest allergy and asthma news and research, and the website features guest posts by prominent doctors, researchers, and other related advocates. I highly recommend this book to any parent trying to manage asthma and allergies for their children, as well as to doctors to put a copy of this book in their waiting room or lending library.

. It's very informational and a great practical guide. The information is broken down in a way which makes it both interesting and easy to understand. If you live in NYC, I highly recommend Dr. Ehrlich. He has a great bedside manner and takes the time to get to know your child and your parental concerns.

Everything parents and therapists need to know about allergies, asthmas, and treatment. A wonderful resource!

This book has empowered me with knowledge and information and helped me make informed decisions for my children. It also gave me the power to ask our children's allergist important questions. It has lots of medical information, and yet, it's still written in a format that is easy to read and digest. I wish more doctors would consider the "whole" picture of a patient and work with the parents to provide top notch, quality care.

I have never written a review before, but I felt compelled to do so for this book. My son was

diagnosed with a severe food allergy at 10 months, and I had never been able to fully wrap my brain around what we were dealing with or how we would manage it. This book has been a constant source of helpful information and it has provided peace of mind where I previously had none. Highly recommend!

Wonderful Book. Definitely written for parents as it is easy to understand and flows well. It really is a must read and you will feel empowered and better able to understand and participate in discussions with your children's pulmonologist about their care.

Excellent book. Essential read for all parents of kids with allergies, ideally, before seeing the allergist. Somewhat out-of-date, but points to more recent resources, and allergist can bring you up-to-speed as well.

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