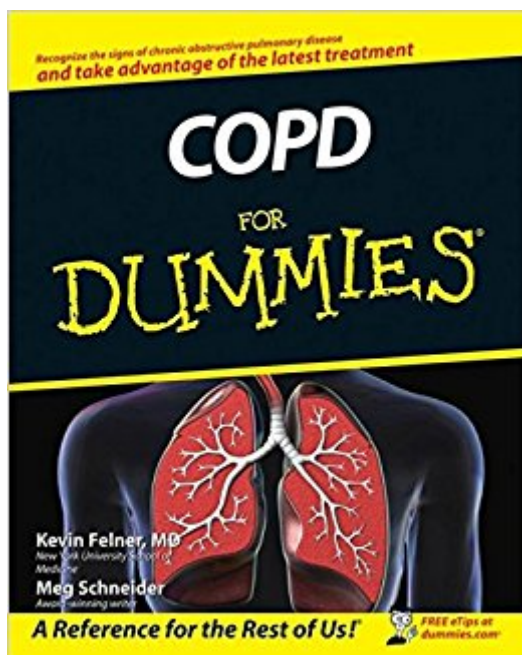


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COPD For Dummies



Synopsis

Make your home COPD friendly Your reassuring guide to understanding and managing COPD and getting on with your life Want to know more about COPD? This straightforward guide provides clear information about this progressive disease, explaining how to recognize the warning signs, get diagnosed, and choose the best treatment. You'll see how diet, exercise, and medication affect your symptoms and make your life easier. Discover how to: Know your risk factors Find the right doctors Quit smoking, start exercising, and change your diet Improve your overall health Prepare for emergencies Help loved ones with COPD

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Customer Reviews

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Kevin Felner, MD: Kevin Felner, MD, an assistant professor at New York University School of Medicine in New York City, is an expert in pulmonary and critical care medicine. He served a

three-year fellowship at New York University Medical Center in pulmonary/critical care medicine and has taught medical students in his specialty (Department of Internal Medicine/Division of Pulmonary and Critical Care) since 2004. He has earned three Teacher of the Year awards during his tenure at NYU, including being named best teacher of the Division of Pulmonary and Critical Care in 2005. Before joining the NYU teaching staff, he taught at UT Southwestern Medical School and Mount Sinai Medical School, where he participated in pilot programs introducing first- and second-year medical students to effective patient interaction. His research on lung and respiratory illnesses has been presented to the American Thoracic Society and published in journals such as the International Journal of Surgical Pathology.

Meg Schneider: Meg Schneider is an award-winning writer with more than two decades of experience in television, radio, and print journalism and public relations. Meg has authored or coauthored several books, including *The Birth Order Effect for Couples* (Fair Winds Press) and *The Good-For-You Marriage* (Adams Media). Her other book credits include two books for writers and one on casino gambling. Meg's journalism honors include awards from the Iowa Associated Press Managing Editors, Women in Communications, the Maryland-Delaware-D.C. Press Association, Gannett, the New York State Associated Press, and the William Randolph Hearst Foundation.

This is a good, basic introduction to COPD, emphysema and chronic bronchitis. The chapters on the disease progression and the physical changes in the breathing apparatus are well illustrated and described, as are the chapters on medications. There is a good emphasis on life-style changes necessary to improve quality of life for COPDers. The only mistake I found was a common one: the author states in the chapter on exercise that if you're not able to talk and walk at the same time, you're going too hard and fast. That's simply not true for people with COPD, with the possible exception of those in the mild or very beginning stages of the disease. My lung function is about a third that of someone my age without lung disease and I know if I can walk and talk (much) I'm not working hard enough to keep my lungs in the very best shape they can be. The outing may be socially rewarding, but I'm not getting much benefit from it as exercise and if that's all I did, I would not gain functional benefit at all. The reason to exercise in the first place is so that we can enjoy a stroll through the mall with our friends or a day at the zoo with our grandchildren. Other than that, the book is a good introduction to COPD using the "small bites" approach that is the trademark of the "Dummies" books. I would recommend it for patients, caregivers and family members.

For someone who is being diagnosed with COPD this book is very informative and simple plain

English to understand it is good to read if you want to know more about your diagnosis

This series is great and they did not disappoint. My only disappointment is the exercise, or lack thereof, section. I wanted more, plus I wanted more devoted to nutrition. Otherwise great.

I am getting older now and have many friends with COPD. I just wanted to read for myself just what COPD is and how is it treated medically. Also, I wanted to know if people with COPD could exercise and what kind of diet they should be eating. The book has been helpful.

educational

gave some great information. I would recommend this book for anyone who has COPD in their family!

My mom said that the book does a great job of explaining things her MD, to be honest, has failed to mention in the many many times spent with him. It sounds like it made her less fearful of her situation. It is written so that she can understand it and use it as a reference guide because its packed with everything you can possibly think of regarding COPD.

Anything for dummies is perfect for me, I have a library of them. Again this one is filled with factual information and help for those that want to improve their lives. It is a go to book I will reference it on many occasions I am sure.

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