



Courage and Information for Life with Chronic Obstructive Pulmonary Disease: The Handbook for Patients, Families and Care Givers Managing COPD, Emphysema, Bronchitis

Rick Carter, Brooke Nicotra, Jo-Von Tucker, Thomas Petty, Brian Tiep, Richard Knowles

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A patient and medical professionals give support and guidance for health and quality of life for those living with COPD. Text with clear illustrations for consumers, explaining the disease and symptoms; and covering tips, information, and details of daily living with COPD. Chapters include a dialogue between physician and patient, frequently asked questions, you and your doctors, breathing and COPD, treatment, supplemental oxygen, smoking, sleep and sex, exercise and nutrition, severe disease and treatment, surgery, and more. Softcover.

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