



# The Chronic Bronchitis and Emphysema Handbook

By Francois Haas

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Dr. Francois Haas is an unusually gifted scientist and a compassionate human being.-HOWARD A. RUSK, M.D. Founder and Chairman, Rusk Institute

The bestselling guide for chronic bronchitis and emphysema sufferers-newly revised and expanded. For the millions of people diagnosed with chronic bronchitis and/or emphysema, this bestselling guide is now revised and expanded to offer the most up-to-date information available. From helping you understand your disease and its proper care to showing you how to restore vitality and satisfaction to your relationships, Dr. Francois Haas and Dr. Sheila Sperber Haas provide you with the facts and information needed to find the right treatment and take full advantage of it. Written in a clear and helpful style, The Chronic Bronchitis and Emphysema Handbook now includes current information on useful complementary approaches-including herbal therapy-plus effective exercises and the latest medical advances. You'll discover:

- \* How to find the right doctor for you and discuss your treatment options
- \* How to deal with HMOs and the companies that provide supplemental oxygen
- \* Which new surgical techniques are most promising
- \* How to manage stress and anxiety
- \* How to slow your disease and substantially improve your quality of life
- \* A variety of helpful resources accessible by phone or web
- \* The newsletters written by experts that will keep you up-to-date

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## **The Chronic Bronchitis and Emphysema Handbook By Francois Haas Bibliography**

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## **Editorial Review**

From the Publisher

This invaluable work offers new hope to the 20 million sufferers from chronic respiratory disorders, teaching them how to self-manage the disease and lead happy, healthy lives. In an easy-to-follow style, readers are shown how to tailor a rehabilitation program to their life-style. Highlights include: comprehensive and practical guidance featuring the latest techniques developed at one of the nation's top clinics; rehabilitation programs that slow the progress of the disease at any age and dramatically improve the quality of life; selecting the right medication; finding the right doctor; managing stress and anxiety; physical therapy; job retraining; an appendix of community and public resources and a guide to other information sources.

From the Back Cover

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About the Author

FRANCOIS HAAS, Ph.D., directed the Pulmonary Function Lab of the New York University Medical Centers for 18 years and now heads the Cardiopulmonary Rehabilitation research program. SHEILA SPERBER HAAS, Ph.D., is a psychologist, medical writer, and managing editor of the newsletter *Complementary Medicine for the Physician*. They live in New York City.

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