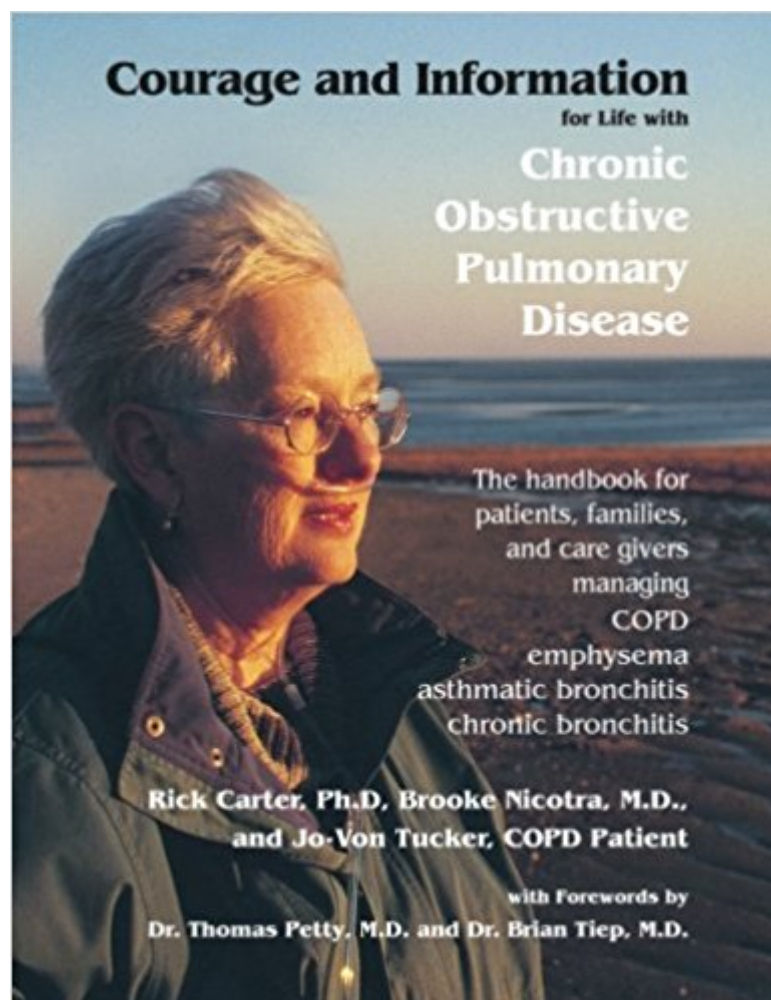


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# Courage And Information For Life With Chronic Obstructive Pulmonary Disease: The Handbook For Patients, Families And Care Givers Managing COPD, Emphysema, Bronchitis





## Synopsis

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.

## Book Information

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## Customer Reviews

I have lived with emphysema quite well for 14 years but had a serious setback recently. This book is helping me deal with the many issues that a diagnosis of 'very severe copd' brings to my life. Issues such as using oxygen most of the time and going out in public with an oxygen tank and a 'hose in my nose' plus practical ways to change your life adjusting to this disease are addressed in this book. I highly recommend it to those who have this disease and to those who care about us.

It just smell of smoke. Still haven't look at it.

Great information...I felt invigorated and excited when reading this....

If you or someone you love has been given the diagnosis of COPD, you may be asking, What now?

Is there anything that can be done? Is there hope? The answer is, Yes! Life can be good with COPD and this book is a most valuable resource for the COPD patient, caregiver, and health care professional. As a respiratory therapist working in Pulmonary Rehab I see that patients who learn about their disease and how to cope with the changes it brings live healthier, happier lives. They know that education, exercise, and support as well as a positive attitude are so important. *Courage and Information for Life with COPD* is not only your map to learning, among other things, about finding a great specialist, taking breathing medications, using supplemental oxygen if needed, and finding help and support in your community. It is the story of a lady who has experienced the devastation of the diagnosis and not only lives, but thrives with COPD! Jo-Von Tucker's search for knowledge has helped her to move from the role of patient / victim to that of person / survivor. You must know that you do not have to face COPD alone! When reading *Courage and Information* you will surely say, That's me. Jo-Von's been through some of the same things that I'm going through. There are so many things you can do to help yourself. Changed as it may be, you can live a rich and full life, even with COPD. *Courage and Information* will help you find the way.

THANK YOU!!! THANK YOU!!! THANK YOU!!! To all who contributed to this fine book, my undying gratitude! When first diagnosed with COPD, all I wanted to do was research, research, research! The more I read, the more frustrated I became - that is until I located *Courage and Information*. This book is so down-to-earth! And it is filled with perspectives of not only a physician (with no medical "jargon"), a psychiatrist (without all the normal "stuff") and...can you believe it?...A PATIENT. How unusual to find a book written, at least in part, from the patient's perspective. What a great idea! Like I said earlier, just good, practical, common-sense information. Even my pulmonologist agrees that it is the best resource material he has seen! And as far as I'm concerned, that's the best recommendation of all! It really WILL help me to live a better, more fulfilling life. It will help you too. But you've got to read it first. You'll be glad you did. I KNOW I AM.

Recently I was diagnosed with mild COPD, so want to learn as much as possible about it. This book, written in an easily understood style, thoroughly covers most of the questions I've had about the illness. I found the chapter on medications especially informative. This book has proven to be a valuable reference for me.

This is a really good book, I bought this for my sister who was diagnosed with COPD. Very easy to read and to understand. I read the entire book also so I could better understand the disease. Would

recommend this to anyone who is suffering from copd or who has a loved one who is suffering. Nikki Stewart

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