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*Dr Ashok Birbal Jain, Dr Aruna A Birbal Jain*

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**Everything You Wanted to know About ASTHMA** Dr Ashok Birbal Jain, Dr Aruna A Birbal Jain

An estimated 15 million Indians suffer from asthma. The ailment remains mostly a life-long problem that cannot be cured completely. However, the attacks can be prevented or controlled. For this, one must understand the causes, treatment options, lifestyle changes etc. Doctors are reluctant to use steroids, fearing their side- effects. Inhalation therapy is also not used optimally. With over 20 years experience in treating asthma, the doctor couple cover all these aspects in their book.



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