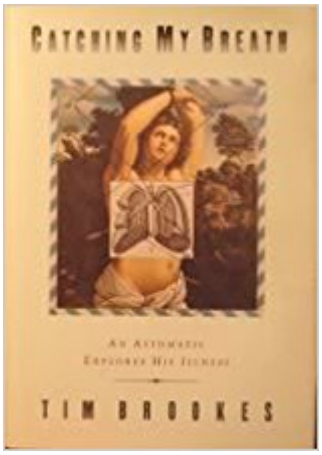
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Catching My Breath: An Asthmatic Explores His Illness



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Synopsis

A journalist and lifelong asthmatic provides an informative look at the mysteries of this epidemic illness and offers thought-provoking questions about modern health care and chronic illness. 25,000 first printing.

Book Information

Hardcover: 291 pages

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Best Sellers Rank: #4,396,584 in Books (See Top 100 in Books) #91 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #508 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

British-born former U.S. public radio editor Brookes's first asthmatic attack is described as a bolt of lightning that caused him to gasp and suffer painfully swollen sinuses, a flooded trachea and heart fibrillations. Self-injected epinephrine finally left him feeling as if he had been "turned inside out." Since medical science has been unable to unravel the mystery of asthma's causes, the author studied medical books, attended lectures, interviewed specialists and experimented on himself, even meeting with a psychic who suggested that "hidden emotional conflicts" might lie at the root of his illness. Brookes concluded his asthma is probably due to a synergy between physical (allergy) and psychosomatic reactions, along with exterior elements like pollution, work and economic conditions. Of interest chiefly to asthmatics. Copyright 1994 Reed Business Information, Inc.

Brookes (creative writing and media criticism, Univ. of Vermont) provides a personal account of how he deals with a chronic condition that robs him of his ability to breathe. As he chronicles his attempts to understand a disease that even the medical community cannot explain, the terror of the asthma attack comes through. Brookes effectively illustrates the desperate feeling of having no control over the disease, and his frustrations with doctors, medications, insurance providers, and the

misconceptions people have about asthma are well articulated. Although this is not a "how to live with asthma" book, those who suffer from the condition may benefit from reading about someone else’s experiences with the disease. Recommended for public libraries.Kathleen McQuiston, Philadelphia Coll. of Pharmacy & ScienceCopyright 1994 Reed Business Information, Inc.

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