

it happened to me

# asthma

the  
**ultimate**  
**TEEN**  
guide

PENNY HUTCHINS PAQUETTE

# Asthma The Ultimate Teen Guide

**Denise Thornton**



## **Asthma The Ultimate Teen Guide:**

Asthma Penny Hutchins Paquette, 2003 Information for teenagers to enable them to participate in the management of their illness Includes what happens in the body during an asthma attack what triggers can make it worse medications that help guidelines for monitoring symptoms      **Asthma** Penny Hutchins Paquette, 2003-05-19 Asthma is growing at an alarming rate with a 75 percent increase between 1980 and 1993 Today 17 million Americans have been diagnosed with this potentially deadly disease Many of them are teenagers This easy to read handbook helps teens understand asthma and provides them with the history medical treatment options and cutting edge research about asthma that will allow them to take a proactive role in the management of their illness Teens will not only find the factual information they are looking for but will also enjoy reading loads of interviews with other teenagers who have asthma and find out how they feel about taking medication what it feels like to have an asthma attack and how they deal with inquiries from their friends      Asthma Penny Hutchins Paquette, 2006 A guide to understanding and coping with asthma when you re a teenager Provides a basic understanding about asthma the signs and symptoms of the disease available medical treatments and effective coping strategies Offers personal interviews and advice from teens who are coping with asthma Generously illustrated and includes lots of sidebars and other visual effects      **Asthma** Penny Hutchins Paquette, 2003-05-19 Asthma is growing at an alarming rate with a 75 percent increase between 1980 and 1993 Today 17 million Americans have been diagnosed with this potentially deadly disease Many of them are teenagers This easy to read handbook helps teens understand asthma and provides them with the history medical treatment options and cutting edge research about asthma that will allow them to take a proactive role in the management of their illness Teens will not only find the factual information they are looking for but will also enjoy reading loads of interviews with other teenagers who have asthma and find out how they feel about taking medication what it feels like to have an asthma attack and how they deal with inquiries from their friends      *Learning Disabilities* Penny Hutchins Paquette, Cheryl Gerson Tuttle, 2006-05-08 Exclusively written for teenagers and young adults dealing with a wide variety of learning disabilities including Attention Deficit Hyperactivity Disorder ADHD dyscalculia and dyslexia this accessible resource offers the tools for taking a proactive role in identifying understanding and overcoming the obstacles facing teens with learning disabilities Learning Disabilities provides a clear and informative overview of the most common disabilities Appealing to teenagers with its easy to read format and positive tips for success the book also teaches students how to advocate for themselves informing them of their rights under law both during the school years and after high school graduation Assistive technology that can help students improve their learning abilities such as Optical Character Recognition OCR systems screen reading software books on tape electronic notebooks and other tools that aid student learning are covered The most recent research on brain structure and function and the role they play in learning disabilities is presented as well as a step by step guide to test reports so that teens can understand how their disabilities are diagnosed

Gathering information from students high school guidance counselors and from medical and other professionals authors Paquette and Tuttle also show teens they are not alone in their struggles profiling famous people that also have learning disabilities

**Dealing with Death** Kathlyn Gay, 2017-10-06 Death is a sensitive subject for most people Whether due to fear or superstition many individuals avoid the topic of mortality For teens the subject is taboo as well Most young adults believe that death won't affect them so they'd rather not talk about it But death is a natural course of life and everyone including teens will encounter it at some time in their lives some sooner than later and some unexpectedly In *Dealing with Death The Ultimate Teen Guide* Kathlyn Gay addresses this difficult subject providing matter of fact discussions on a number of issues that help teens better understand the nature of mortality This book looks at the personal legal and moral questions related to death including How do you deal with the death of a loved one What's it like to live with a terminal illness What happens after you die Featuring real stories and quotes from teens about their experiences this book shows young adults a variety of views on dying and grieving This book will help readers deal with death not only the reality that death is inevitable for all of us but also the many ways people face death and bereavement *Dealing with Death* serves as a valuable resource for all teens whether they are dealing with tragedy or just looking for more information on a tough subject

**Sexual Assault** Olivia Ghafoerkhan, 2016-12-08 Out of all reported cases of sexual assault nearly 70 percent occur with victims who are under the age of seventeen and it has been estimated that one in ten children will be sexually abused before they turn eighteen Sexual assault has become an all too common occurrence among young adults An assault can cause physical injuries STDs and STIs post traumatic stress disorder flashbacks anxiety depression and other re-experiencing symptoms It can lead to poor academic performance substance abuse risky sexual behavior and even suicide Research has also shown that victims of sexual abuse are more likely to confide in friends than in adults but those friends may not be equipped to help In *Sexual Assault The Ultimate Teen Guide* Olivia Ghafoerkhan describes the various ways sexual violence can be perpetrated discusses myths many teens believe about the subject and outlines how young adults can get the help they need to begin the healing process Topics covered include date rape abusive relationships incest breaking the silence victim blaming support healing An invaluable resource for young people *Sexual Assault The Ultimate Teen Guide* aims to give victims and their friends the courage to report such crimes advice on where to find help and hope that life can return to some sense of normalcy after such a horrific experience

**Epilepsy** Kathlyn Gay, 2017-03-17 According to recent statistics at least 50 million people worldwide have epilepsy including more than 5.1 million Americans Because there are so many different types of epilepsy each with its own behavioral effects and treatment it can be overwhelming for teens to handle They need a reliable resource to guide them as they navigate the challenges of their condition In *Epilepsy The Ultimate Teen Guide* Kathlyn Gay dispels the myths misconceptions and misunderstandings about epilepsy and people who have the disorder The second edition of this book provides up to date positive factual medical information and advice for young people and their

families about how to live a normal life with epilepsy Topics covered in this book include symptoms of epilepsysigns and factors that precipitate seizuretreatment methodsmedicationsmanagement strategies Real life examples from teens who have epilepsy help readers understand how they can participate in normal activities These teens also offer advice on how to tell friends dates teachers or employers about the condition Epilepsy The Ultimate Teen Guide Second Edition concludes with extensive lists of publications websites and organizations to help those with a diagnosis prepare for a hopeful future *The Military and Teens* Kathlyn Gay,2008-05-13 The Military and Teens covers the major issues young adults should consider before making a decision to join the armed forces Although each branch of the military provides print and electronic materials on what it has to offer enlistees very few YA books take a pro and con look at military service Moreover commercial military books mostly cover specific wars or give tips on surviving induction and training From deciding to serve to what it is like to face death to being forced to kill to discrimination in the military and to life afterwards this work presents the benefits and downsides of military service Kathlyn Gay covers the many available choices of careers in the military and points out where to go for more information Both primary and secondary sources have been used to provide information on young participants in the American Revolutionary War War of 1812 Civil War World Wars I II as well as the Korean Vietnam and Gulf wars In the final pages of the book the comprehensive list of available sources of information includes books magazine articles and websites for further research Enhanced by young people sharing their personal experiences as enlistees and as members of military families The Military and Teens is a useful resource for both teens and those who work with teens to advise them on career choices *Teens, Loss, and Grief* Edward Myers,2006-08-21 Teens Loss and Grief is a self help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents This book provides an overview of grief as a painful but normal process offering insights from bereavement experts as well as practical suggestions for coping with loss including accounts from teens This book closes a gap in the available literature on grief and bereavement that has tended to focus on adults and younger children It provides a warm accessible resource that will reassure teen readers about the normality of grief encourages their understanding of what happens during the grief process and provides an indispensable resource guide *Living with Cancer* Denise Thornton,2011-03-18 Offers advice and anecdotes from teenage survivors about dealing with cancer including the diagnosis the impact of the disease on family and friends physical changes school challenges and being a survivor *Writing and Publishing* Tina P. Schwartz,2009-12-31 Edgar Allen Poe Langston Hughes Louisa May Alcott and Stephen King are just a handful of famous authors who began their publishing careers in their teens Many young adults would like to write and publish but few know where to begin While there are many books on how to write and how to get published none are written specifically for teens Writing and Publishing The Ultimate Teen Guide fills this gap In this book author Tina Schwartz discusses many matters that are not often presented in guides to writing and publishing such as the importance of mentors and critique groups as well as courses and extracurricular

activities that can be of great help to the up and coming teen author The book explores various writing careers and the basics of publishing and marketing including how to write query letters Schwartz also provides tips on writing both fiction and nonfiction as well as genres a new author can explore like poetry and songwriting With this resource teens will find all the information they need to develop writing skills and build confidence as a writer *Physical Disabilities* Denise Thornton, 2007-03-26 It is difficult enough for teens growing up today to deal with the regular issues arising from family school and relationships regardless of whether they have physical disabilities or not Add to those problems the extra obstacles that visual hearing and physical impairments present some teens and the road to adulthood just got exponentially more complex *Physical Disabilities The Ultimate Teen Guide* provides a roadmap through these additional tribulations teens with disabilities face by showing the methods mechanisms and resources other teens are using to cope with their disabilities Discussing everything from going away to college to living independently to traveling internationally this book is filled with stories from active teens who have vision hearing and other physical disabilities Interviews with teens who are meeting the challenges of living with cerebral palsy spina bifida Osteosarcoma amputations visual impairment Rellex Sympathetic Dystrophy paralysis hearing impairment and deafness are included along with more than 40 photos of these teens participating in various activities Author Denise Thornton has organized the book into eight categories School Tools and Technology Transportation and Access Sports the Arts Relationships Independence and Advocacy Each chapter combines the experiences of teens and young adults in all these spheres with up to date information on the resources that readers can call on as they follow their own dreams Teens parents teachers and medical professionals will find this to be a valuable resource

**Self-Advocacy** Cheryl Gerson Tuttle, JoAnn Augeri Silva, 2007-06-22 Young people come to realize sometimes painfully early that it isn't always possible to depend on adults to make sure they are treated safely fairly and legally When teens are faced with situations that are unfair immoral illegal and unjust they do not need to be victims They can learn to speak up for themselves effectively to improve their own lives and the lives of others The skill of self advocacy rarely comes naturally for teens *Self Advocacy The Ultimate Teen Guide* offers a set of skills for young people to sort through and acquire and encourages them to speak up about what is bothering them The book gives them helpful tools they can adapt to deal with adults they must work with and in some cases against in order to come to a solution to their problem Self Advocacy provides information teens need to have to advocate for themselves The introduction and first three chapters explain what self advocacy is identify when and why it might be necessary for teens to speak up for themselves provide a step by step guide on how to self advocate successfully and offer specific real world advice about how to wisely use the power of the media to publicize their cause Seven issue specific chapters follow Each topic is treated in a dignified organized and comprehensive way providing information teens can use and resources they can draw upon The issues and information in those chapters deal with the real world and don't shy away from the difficulties young people encounter every day such as personal rights

school issues learning disabilities physical disability sexuality legal issues and foster care Each chapter includes the voices and experiences of teens who have encountered issues and decided to speak up for and get what they need Teens who learn how to advocate for themselves and then act are not only taking steps to right whatever wrong they have been facing they are also preparing themselves for a successful adult life     Juvenile Arthritis Kelly Rouba,2009-03-20 A self help guide for youth Juvenile Arthritis The Ultimate Teen Guide is also useful to family members friends and caregivers of those suffering from the disease Author Kelly Rouba has prepared a truly comprehensive resource without making it overwhelming in order to help those who have the disease lead the best life possible As someone diagnosed with a severe form of juvenile arthritis at the age of two Rouba is very familiar with how difficult physically and emotionally it can be to live with this chronic illness Readers get an overview of juvenile arthritis from the point of view of teenagers and their parents and the book also includes discussions related to diagnosis symptoms of the disease its history and various related conditions Treatment options are also provided as well as tips on how to adapt to life with the disease including exercise diet and therapy A list of applicable Web sites and other helpful resources is included at the end of most chapters     Living Green Kathlyn Gay,2012-03-29 What does living green mean For some it means making a commitment to reduce reuse and recycle every day For others it also means respecting and conserving our natural resources so they will be available in the future In Living Green The Ultimate Teen Guide readers learn why protecting the environment is such a crucial undertaking and why and how young adults should take up this important cause Living Green demonstrates how reckless indifference to our planet s needs jeopardizes not only plants and animals but the existence of mankind This volume addresses such concerns as leaving a low carbon footprint protecting wildlife saving natural resources conserving trees and gardens and fighting for environmental justice Most importantly Living Green explores the many ways that teens can make a difference in their homes communities and in the world at large While some of the teen efforts described here may be familiar the author also focuses on issues seldom addressed such as dumping toxic waste on poor and powerless communities The book includes quotes from green advocates and teens who consider themselves eco friendly as well as useful advice that will help young adults embrace a lifestyle that will positively affect generations to come     **Reaching Your Goals** Anne Courtright,2009-04-23 Teens don t often realize that their daydreams can be transformed into real accomplishments If they take those dreams seriously and turn thoughts into action even some of the wildest notions can become reality Reaching Your Goals The Ultimate Teen Guide show readers how important setting goals can be to accomplishing whatever they want to Through the use of No Sweat Quizzes and other unique methods such as creative visualization and affirmations Anne Courtright provides teens with the tools to help them achieve not only short term goals but to realize their greatest potential Filled with commentary from notable figures in sports music film and business this book also shows teens how to turn failures into positive stepping stones to future success Through examples activities and sample action plans Reaching Your Goals The Ultimate Teen Guide will help teens map their

own paths to success both in school and life      *Immigration* Tatyana Kleyn, 2011-02-24 As the future of our democratic society youth from U S born and immigrant backgrounds alike will need to make informed decisions on our diverse nation s behalf To do so young adults need to be provided with access to accurate information and varied perspectives about immigration In *Immigration The Ultimate Teen Guide* Tatyana Kleyn an immigrant herself examines the myths and realities of immigration as well as the laws and policies that regulate it She explores a number of issues associated with immigration including cultural clashes and discrimination the debate on language undocumented immigrants and what it means to be an American The book includes an overview of the nation s history with immigration definitions of relevant terms and recent statistical and demographic information It also discusses why and how many immigrants make the journey to the United States Other aspects the book addresses include undocumented immigrants and refugees asylees laws and policies that either support or hinder immigration and how young immigrants can reconcile their competing identities Aiming to generate a discussion on immigration with factual and contemporary information real life stories experiences and quotes from teenagers and young adults *Immigration The Ultimate Teen Guide* presents a comprehensive and engaging approach to informing readers about the varied ways immigration is experienced viewed and disputed      **Obsessive-Compulsive Disorder** Natalie Rompella, 2009-04-23 Obsessive Compulsive Disorder strikes one in fifty adults However the disorder often remains untreated in young adults despite advances in diagnostics Though so many people suffer from OCD very few seek professional help *Obsessive Compulsive Disorder The Ultimate Teen Guide* helps teens understand OCD in greater detail The guide explains different forms of OCD checking cleaning scrupulosity and related disorders such as Obsessive Compulsive Personality Disorder Tourette s Syndrome and Asperger s Disorder Author Natalie Rompella voices many common concerns teens have when confronted with OCD including how to deal with school work and friends The book also discusses uncomfortable topics such as obsessions with sexuality and other unwanted thoughts The book features insights from teens who suffer from OCD letting others know they are not alone The book also encourages teens to seek help through treatment and provides details of different treatment options      **Food Choices** Robin F. Brancato, 2010-03-19 There are a host of books on dieting nutrition cooking and all other areas related to food yet books targeted to teens tend to emphasize weight and the dangers of unhealthy eating *Food Choices The Ultimate Teen Guide* provides teens with a new look at food and eating In this book author Robin Brancato chooses not to dwell on food related pathologies like anorexia bulimia or obesity Instead she guides teens into a greater knowledge and enjoyment of food and healthy eating This book discusses numerous topics related to food and eating including the biological and chemical reasons we prefer certain foods and the eating habits that are unique to teens today This book also covers the latest medical research the vast amount of literature on weight loss and dieting and the cultural influences that affect what food we eat Throughout teens are presented with the best tips on how to develop healthy eating habits for a lifetime of enjoying food



## Reviewing **Asthma The Ultimate Teen Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Asthma The Ultimate Teen Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Asthma The Ultimate Teen Guide Introduction**

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