

*Introduction*

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*Healthy Anatomy*

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*Diagnosis*

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- Asthma
- Asthma Classifications

*Diagnostic Tests*

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- Allergy Tests
- Spirometry
- Challenge Tests
- X-Ray Imaging
- Peak Flow Meter Test
- Physical Exam

*Treatment*

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- Introduction to Treatment
- Immunotherapy
- Nebulizers
- Steroid Drugs
- Inhalers
- Quick Relief Medications
- Bronchodilators
- Leukotriene Modifiers
- When Treatment is Ineffective

*Recovery and Lifestyle Modification*

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- Action Plan
- Controlling Triggers
- Feelings About Asthma
- Pregnancy
- Asthma Attack Treatment
- Diary
- Older Adults
- Seasonal Asthma
- Complementary Therapy
- Exercise
- Peak Flow Meters
- Stepwise Approach

