



# **Can I tell you about Asthma?: A guide for friends, family and professionals (Can I tell you about...?)**

*Lesley Mills*

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Meet Alfie - a young boy with asthma. Alfie invites readers to learn about asthma from his perspective, describing how it feels to have an asthma attack and what the common triggers are. He talks about the challenges of having asthma and how important it is that his friends and the people around him can recognise the signs when he starts feeling short of breath and know how to help. Alfie also gives simple instructions on using asthma inhalers and other medical treatments.

This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and nurses. It is also an excellent starting point for family and classroom discussions.



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