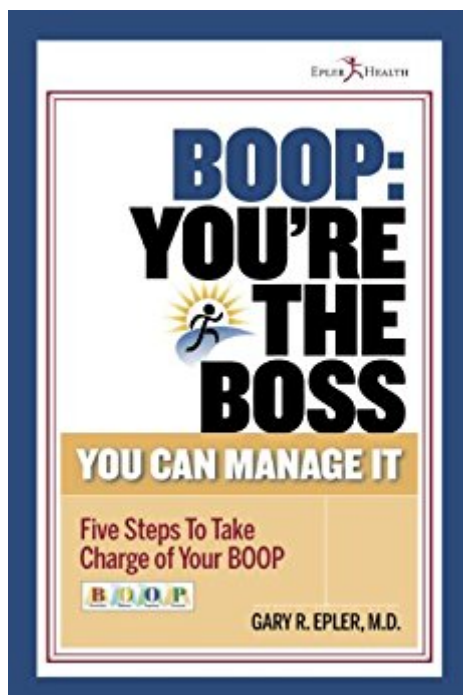


The book was found

BOOP: You're The Boss



Synopsis

Dr. Epler demystifies an unusual inflammatory lung disease called bronchiolitis obliterans organizing pneumonia (BOOP) which is sometimes called cryptogenic organizing pneumonia (COP) or organizing pneumonia (OP), enabling individuals to take charge of their health. Harvard Medical School faculty member and pulmonary consultant to the Brigham and Women's Hospital and Dana-Farber Cancer Institute, Dr. Epler shows how to apply five steps to manage BOOP. Using real-life examples, you will learn step one of learning everything you can about BOOP; step two of understanding the diagnostic process; step three of knowing the treatment options; step four of monitoring your BOOP; and step five of creating a healing environment. Armed with the information in this book, individuals can gain self-confidence by becoming active participants in treating and managing their BOOP. This five-step process is based on Dr. Epler's observations visiting hospitals all over the world and finding that individuals who follow these five steps can successfully manage their BOOP. Here's what you'll find inside:

- Five Steps to Take Charge of Your Lung Disease
- Let's Learn about BOOP
- The Many Types and Causes of BOOP
- Diagnosis: A Series of Questions and Tests to Lead You There
- Treatment Options for BOOP
- Know the Good and the Bad About Prednisone
- Monitoring Your Symptoms Can Be Key to a Cure
- Create an Environment for Healing: Exercise Often, Eat Right, Sleep Well
- You Have Many Questions About BOOP: Here are Answers
- Do you have BOOP? Do you know someone with BOOP?

This book will tell you what's BOOP, how it's diagnosed, what are the treatment options, how to monitor BOOP, and how to create an environment to heal.

Book Information

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Customer Reviews

With such limited information available on BOOP, I was very happy to find this book and learn more about it. I would highly recommend it to anyone who has been diagnosed with this frustrating condition. The author was very encouraging. I just wish he had included a bit more information on what, if anything, one can do to help himself when first diagnosed and the condition is already severe. For instance, at the time I read this, the extent of my exercise was walking three minutes before my oxygen dropped too low. Two months later, I am up to 45 minutes and teaching part time. It would have helped me emotionally at the time to read about someone who basically could do nothing for awhile but then improved gradually. All in all, I am very grateful for this book and would strongly advise anyone with BOOP to buy it. Dawn

What a frustrating illness. At least Dr Epler makes it clear what is going on. That's helpful when you have a rare condition like this. If you know someone with idiopathic organizing pneumonia, the book is worth buying. Good luck!

Here's an easy-to-read and understand guide to a menacing rare disease for anyone suffering from BOOP. The book is written by the physician who "discovered" this lung inflammation in the 80's. I like his no-nonsense approach to taking charge of your body as you work through the ups and downs of the disease, using the devil drug prednisone, relapses, and mind over matter in the process. Additionally, he outlines how to be in charge of you at the hands of the physicians, rather than merely submitting to whatever they deem appropriate. This is a must-read for both patient and physician!

I was diagnosed on November 1, 2016 with Boop and was given prednisone at am dose of 30 mg. I am improving. I am having a cat scan in December to see how my lungs are doing. This has been a

learning experience in every sense of that word for me.

Very informative. Gives more perspective on the illness than ever. Important info if you want to know much more than your doctor will tell you.

Very good guide for BOOP patients and very enlightening. I recommend to anybody undergoing treatment for this lung condition.

Good needed information

great for layman yet detailed enough

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