

## Living with Asthma

Thesis: Can I effectively manage my asthma?

- I. The Story of My Search
  - A. Diagnosis and reaction
  - B. Thesis sentence/Question: Can I effectively manage my asthma?
  - C. Web site search
  - D. Interview with Dr. Anders
  - E. Library search
- II. The Results of My Search
  - A. Triggers
    1. Pollens
    2. Animal dander
    3. Dust mites
    4. Mold and mildew
  - B. Medications and devices
    1. Peak flow meters
    2. Anti-inflammatory drugs
  - C. Physical Exercise
    1. New research
    2. *Aerobics for Asthmatics* & Olympic athletes
  - D. My working plan
    1. Medical Treatment
    2. Environment
    3. Pets
    4. Sports/Exercise
- III. Reflections on My Search
- IV. Works Cited