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breathe with ease  
**breathe with ease<sup>sm</sup>**  
breathe with ease<sup>sm</sup> Molina Healthcare



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A Publication for Molina Healthcare Members • Fall 2007

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# Appropriate use of Medication

**Message to Members**

You are receiving this as part of the breathe with ease<sup>sm</sup> program. If you do not want to receive this newsletter or participate in the breathe with ease<sup>sm</sup> program please call us at 1 (800) 526-8196 extension 127532.

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

**ASTHMA** is a disease in which the lining of the airways in your lungs become swollen. This makes it hard for air to get in and out. Your airways get narrower during an asthma attack. This causes signs like wheezing, coughing, tightness in your chest and trouble breathing.

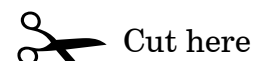
Two basic types of asthma medications are quick-relief and long-term. Long-term medicines ease swelling on the inside of your airways. One type is an inhaled corticosteroid, Flovent. It is important to take this medicine even if you feel well. It works best when taken on a regular basis.

Quick-relief medicines are bronchodilators, like Albuterol. They act fast to open up your airways. You should take your quick-relief medicine when you first begin to feel symptoms. Carry your quick-relief inhaler with you all the time. Sometimes people use quick-relief medicines too much. Let your doctor know if you use more than one canister a month. Your treatment plan may need to change.

Your doctor will decide on a treatment plan for your asthma. It is important to follow the plan. It is also important to use your medicine the right way.

**Smoking and Asthma Do not Mix**

Would you like help to stop smoking? Call Molina's Health Education Team at 1-800-526-8196 ext. 127532 Molina members can join the Free and Clear® Smoking Cessation Program at no cost.



| Date/Time | Score | Peak Flow Zone<br>(Green, yellow or Red) | Symptoms<br>(Wheezing, tight chest, etc.) | Medication Taken<br>(Quick-relief or Daily Medicine) | Dose |
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# Appropriate use of Medication continued...

**To use an inhaler, the right way, follow these steps:**

1. Use a spacer. A spacer is a hollow tube that attaches to the inhaler. A spacer helps get more of the medicine in your lungs instead of on your tongue, throat, or in the air.
2. Shake your inhaler well.
3. Stand or sit up straight
4. Hold the inhaler 1-2 inches away from your mouth or put the spacer in your mouth. Make sure not to block the spacer with your tongue or teeth.
5. Push down on the inhaler to let only one puff of medicine come out.
6. Breathe in for 3-5 seconds
7. Hold your breath for 10 seconds
8. Breathe out.
9. Repeat the steps if you need more than 1 puff. Wait about 1 minute between each puff.

10. Finally, rinse and gargle with water when you are done.

Don't be afraid to ask your doctor how to use your inhaler. They will be glad you asked!

Asthma cannot be cured. With the help of your doctor and a little effort on your part, you can control your asthma and lead an active life.



For more information about our health management programs call Molina Healthcare Member Services at the phone number listed on your ID card.

Also call our Nurse Advice Line when you have questions about your health:

**1-888-275-8750**

For the hearing impaired please call TTY/866-735-2929  
24 Hours a day, 7 days a week - everyday of the year!

[www.molinahealthcare.com](http://www.molinahealthcare.com)

# Asthma

**Contact with the flu is more serious in people with asthma.** This can lead to pneumonia and acute respiratory disease. The flu vaccine is safe and helpful. All people who have asthma should have the flu shot as part of their routine care. It's also important to know that the flu shot cannot cause you to have the flu. Here are 5 facts that will help protect you and your family.

- Healthy adults may infect others from one day before symptoms develop and up to five days after getting sick.
- Washing your hands often will help protect you from germs.
- Drink plenty of water.
- Get plenty of rest to keep your body strong and energized.
- Cover your mouth and nose with a tissue when you cough or sneeze.



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## Peak Flow Diary

Doctor's name: \_\_\_\_\_ Doctor's Phone Number: \_\_\_\_\_

| Date/Time | Score | Peak Flow Zone<br>(Green, yellow or Red) | Symptoms<br>(Wheezing, tight chest, etc.) | Medication Taken<br>(Quick-relief or Daily Medicine) | Dose |
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I have:  Asthma  COPD  Diabetes  Heart Disease  High blood pressure  Other

Keeping a diary can help you track how your or your child's treatment is working. This information can help the doctor decide if you or your child needs to use another medication or change your dose.



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