



One Golden Shore  
Long Beach, CA 90802



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

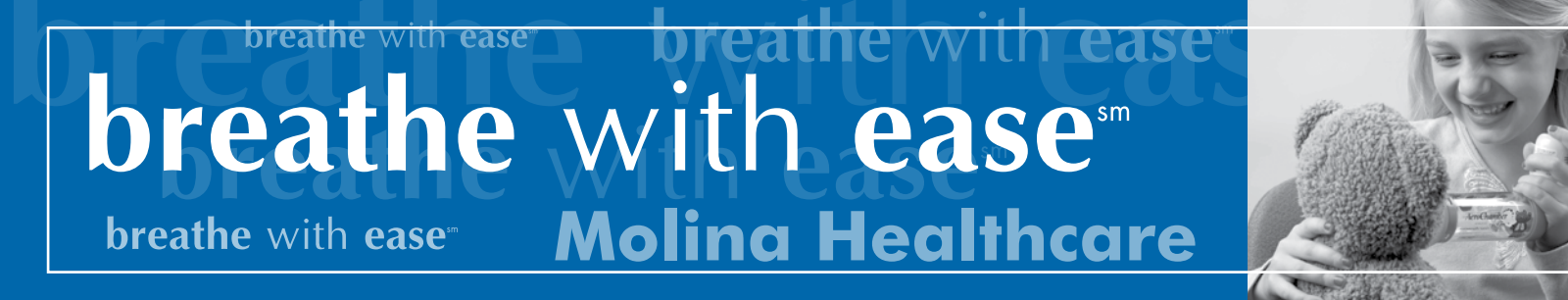
Also call our Nurse Advice Line when you have questions about your health:

**1-888-275-8750**

24 Hours a day, 7 days a week - everyday of the year!

Part # 1680Rev0407

Molina Healthcare does not discriminate on the basis of race, color, religion, age, national origin, disability or sex.



**In This Issue**

A Publication for Molina Healthcare Members • Spring 2007

	Page
Staying Healthy.....	1
Staying Healthy Continued.....	2
Control Your Asthma.....	3

# Staying Healthy with a Chronic Condition

### Message to Members

If you do not want the **breathe with ease<sup>sm</sup>** newsletter sent to your home, just let us know. Please call **Molina Health Education** 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.

### 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<sup>®</sup> Smoking Cessation Program at no cost.

**E**very person should see the doctor regularly to make sure they are in good health. This is even more important for people with a chronic condition. A chronic condition is an illness that lasts a long time. You should see your doctor even if you do not feel sick. The doctor can make sure that your condition is well managed. This can help reduce the risks for other health problems.

### THINGS TO KEEP IN MIND:

**VISIT YOUR DOCTOR.** See your doctor at least once a year. Depending on your condition, you may have to see your doctor more during the year. Be sure to talk to your doctor about any concerns you may have.

**KNOW YOUR NUMBERS.** Your doctor will check your weight, blood pressure, cholesterol, and A1c (if you have diabetes). Diabetes is a disease where the body does not make or use insulin the right way. Find out what your numbers are and where your numbers should be.

Blood Pressure:      Normal: 120/80  
   High: 140/90 or higher

Cholesterol:            Normal: less than 200  
   High: more than 200

A1c:                            7% or less

Work with your doctor to keep your numbers under control.



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# Staying Healthy with a Chronic Condition continued...

**TAKE YOUR MEDICINE.** Take your medicine as prescribed. Let your doctor know if your medicine makes you sick or have other side effects. Talk with your doctor before stopping any medicines. Together, you and your doctor can find the best way to manage your condition.

**MAKE SURE YOUR SHOTS ARE UP-TO-DATE.** Adults need shots too! They help protect your body from deadly diseases. Ask your doctor what shots you may need.

**ADOPT A HEALTHY LIFESTYLE.** Include fresh fruits and vegetables in your diet every day. Try whole grain foods. Don't smoke and limit your alcohol intake. Exercise daily. Talk with your doctor before starting an exercise program.

**Have you seen your doctor lately? Schedule a visit today! Keep your body healthy. Keep your chronic condition in control.**



# Control Your Asthma by Knowing Your Asthma Triggers

You may not always know when an asthma attack will happen, but there are things you can avoid to help prevent one. An attack can cause you to have asthma symptoms, such as:

- Chest tightness
- Shortness of breath
- Wheezing
- Cough

There are many things around you that can “trigger” asthma symptoms and cause an attack. Triggers can be simple items in your house or outside. Items can include dust, pets or the weather. Knowing what triggers your asthma symptoms can help you control your asthma.

## Do you know what your triggers are?

Each person has their own triggers, so it's important to know yours. Check the items that cause you to have asthma symptoms. Discuss your triggers with your doctor and family. You can work together to avoid the triggers and keep your asthma in control.

- Weather changes
- Dust
- Mold
- Tobacco or wood smoke
- Exercise
- Pollen
- Pet dander
- Strong odors
- Illness, colds
- Emotions
- Certain foods
- Other: \_\_\_\_\_

## How can you avoid your triggers?

- Wash sheets and blankets every week in hot water.
- Vacuum often.
- Keep windows closed to limit house dust.
- Do not allow smoking in your house.
- Avoid outside activity when pollen levels, wind and air pollution are high.
- Keep pets out of your bedroom.

## Did you know?

The Air Quality Index (AQI) tells you how bad the air is outside. To find out if the air in your town is good or bad check out your local paper or visit [www.airnow.gov](http://www.airnow.gov).