



In This Issue

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	Page
Back to School for Asthmatics	1
Back to School Continued	2
Smoking Cessation	3
Peak Flow Diary	3

Back to School for Asthmatics

Message to Members

If you do not want the **breathe with ease**sm 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® Smoking Cessation Program at no cost.

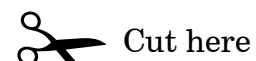
Going back to school can be exciting for kids. New classrooms, new teachers and new friends can be fun. It can also be stressful. Kids with asthma can have a hard time changing routines and spending most of the day at school. If you understand your child's asthma, you will have an easier time managing your child's symptoms. This can help you prevent bad situations. Asthma does not have to control your child's life or future. There are things you can do everyday to prevent asthma attacks.

When you think about getting school supplies and school clothes don't forget about the other things you need for your child's asthma. Planning ahead can help you and your child be ready to go back to school. You will feel better knowing that your child will be able to play and learn at school without much trouble.

This plan should list what your child uses for asthma attacks and what your child takes every day for asthma control. The doctor may suggest that your child have extra medicine at school.

Here are some tips to help your child adjust to the school year:

- 1.** Have an Asthma Action Plan. Ask your doctor for a written Asthma Action Plan to give to the school. This plan should tell school staff how to treat an asthma attack. It should also list the daily medicine your child takes to control their asthma. The doctor may suggest that your child have extra medicine at school.



Date/Time	Score	Peak Flow Zone (Green, yellow or Red)	Symptoms (Wheezing, tight chest, etc.)	Medication Taken (Quick-relief or Daily Medicine)	Dose



Back to School for Asthmatics continued...

- Keep emergency phone numbers at school. Make sure school has a list of things that may trigger your child's asthma.
- Be aware of changes in weathers and seasons. Let the school know if any of these changes may affect your child's asthma and cause an attack.
- Meet with school staff in the first week of school. Invite the school nurse or fitness teacher to your meeting with your child's teacher. That way everyone is on the same team and knows the needs of your child. Take the Asthma Action Plan to this meeting.
- Keep a peak flow meter and rescue inhaler for your child at school. Make sure that it has not expired.
- If your child needs an inhaler or other treatment before P.E. or gym class, make sure that the teachers know that. Make sure that the medicine is on hand or that the school staff knows where is kept.

- If your child is going on a field trip make sure the teacher and other adults know where your child's medicine is.
- Talk with your child and make sure he or she understands the Asthma Action Plan. Show your child where the teacher keeps the medicine to reduce worry.



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

Smoking Cessation

Smoking is the largest preventable cause of illness and early death. It doesn't matter how old you are or how long you've smoked, it is important to quit. Quitting smoking reduces your risk of lung cancer, heart disease, stroke and lung diseases. Check out some of the short and long term health benefits when you quit smoking:

- After 20 minutes** -- blood pressure decreases.
- After 24 hours** -- the chance of a heart attack is less.
- After 1 year** -- excess risk of heart disease is decreased.
- After 5 to 15 years** -- the risk of stroke is reduced.

There are many ways to quit smoking. You may even have to try different ways before you succeed. Don't get discouraged. The important thing is that you quit. Keep in mind that it's never too late – especially if you're living with a chronic disease.

TIPS TO HELP YOU QUIT:

- Admit the problem to yourself and those around you.
- Keep track of when and why you smoke.
- Set a quit date.
- Limit the time you spend with people who smoke.
- Write down the list of reasons for not smoking. Keep that list with you. Make sure to review those reasons when you feel the urge to smoke.
- Talk to your doctor about treatment options.
- Call the Health Education Department at 1-800-526-8196, Ext. 127532 for information on how Molina Healthcare can help you to quit.



Peak Flow Diary

Doctor's name: _____ Doctor's Phone Number: _____

Date/Time	Score	Peak Flow Zone (Green, yellow or Red)	Symptoms (Wheezing, tight chest, etc.)	Medication Taken (Quick-relief or Daily Medicine)	Dose

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.

