



100 West Big Beaver Road, Suite 600  
Troy, MI 48084

Part# 1343Rev0508



## Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish

When you travel away from your hometown, Molina Healthcare pays for emergency care for you.

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don't forget, routine care is not covered when you travel away from home.



## Dealing with Anxiety

Living with COPD can bring on a flood of emotions. It is not uncommon for people with COPD to feel stress and anxiety. However, there are things that you can do to keep these feelings in check.

First, find out what is making you anxious. Are you worried about what to do if your COPD gets worse? Are you worried about duties at home? Whatever it is, identify what is making you anxious.

Next, reduce those stressors. One idea is to learn about COPD. Ask your doctor for help. He or she can answer your questions about managing your illness. The more you know about COPD the better you may feel. Create an action plan with your doctor. That way, instead of worrying about what you will do in an emergency, you will be prepared.

Another idea is to get help from friends or family. Support is very important, and it is okay to ask for help. See yourself as team leader and divide up your responsibilities. This is a good way to reduce anxiety and manage your COPD.

Practice your breathing exercises daily and when you start to feel the flutter of anxiety. Diaphragm and pursed-lip breathing are good for your lungs and will help relax you. Exercise can also help. Try going for a walk the next time you are anxious. You can sort out your feelings and reap the physical benefits at the same time.

The next time you are feeling anxious, try these ideas to reduce your anxiety and breathe a little better.



### In This Issue

Dealing with Anxiety	pg 1
Taking Care of Yourself	pg 2
COPD and Your Family	pg 2
Emergency Preparations	pg 3
Nurse Advice Line	pg 4
Emergency Care When Traveling	pg 4

### Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at [www.molinahealthcare.com](http://www.molinahealthcare.com). You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact a Nurse to help you with your health care
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-888-898-7969. Your member handbook is also a good resource. You can find it on our website.

COPD News is developed by Molina Healthcare, Inc.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this publication is for information only. This does not replace your doctor's advice.

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

## Smoking and COPD Do Not Mix

Would you like help to stop smoking? Call 1-800-480-7848. Molina members can join the "I Can Quit" Smoking Cessation Program at no cost.

## Mental Health—Taking Care of Yourself

Living with COPD might cause you and your loved ones to feel angry, depressed, worried or overwhelmed. These feelings are normal. But for good control of your disease, you must take charge of it. Good self-care can help you feel better physically and mentally.

The Cleveland Clinic Health System offers these tips to deal with emotional blues:

- Get dressed every day.
- Go out and walk whenever possible.
- Keep up with activities or hobbies you enjoy.
- Stay involved with others. Try not to withdraw yourself from your friends and family.
- Share your feelings with your spouse, friend, or clergy.
- Get a good night's sleep.
- Follow your treatment plan.
- Set and follow a realistic daily schedule.
- Join a support group for people with COPD.

It's okay to ask your friends and family for support. They can provide emotional support and encourage you to follow your treatment plan. They can go to doctors' appointments with you and learn about COPD. They can also help with chores around the house or run errands.

Keeping your stress level low is important. You might not be able to avoid stress, but you can do things to manage it. Relaxation exercises are a great way to reduce stress and

anxiety. You can try diaphragmatic breathing, pursed lip breathing, imagery, or repetitive phrases.

For diaphragmatic breathing, take a deep breath in through your nose. Your stomach should push out. Breathe out slowly through your mouth. Pursed lip breathing is the same. When you breathe out, purse your lips like you are going to whistle. Imagery means that you sit quietly and imagine yourself in a relaxing place. Repetitive phrases means repeating a phrase such as "relax and let go." Daily exercise can reduce stress. It can also help you build endurance and strength.

Make your life as easy as possible to avoid getting frustrated or overwhelmed. The National Heart Lung and Blood Institute offers the following tips:

- Do things slowly.
- Do things sitting down.
- Put things you need in one place that is easy to reach.
- Find simple ways to cook, clean and do other chores.
- Use a pole or tongs with long handles to help you reach things.
- Wear clothes and shoes that are easy to put on and take off.

Staying upbeat can help you manage COPD. However, if you feel depressed or have signs of depression it is important to talk to your healthcare provider right away.

## COPD and Your Family

Living with COPD affects you and those you care about. You will face many challenges over the course of your illness, and you may experience many emotions. This is why support from your family and friends is important.

Teach your friends and family about COPD. Encourage them to learn as much as they can about it. Have them come with you to your appointments. They can help write down answers to questions you have asked. Also, let them know about the lifestyle changes you need to make.

To help control your symptoms you should stop smoking if

you are a smoker. Rally support for this. Also, encourage your family to exercise with you. Tell them how changes in your diet will help you breathe better. Talk to them about your medications, and go over your action plan and how to get emergent help. You are more likely to stick to a treatment plan with their help.

In addition, you will need support to get through challenges. Some of these will come on suddenly. For

...Continued on page 3

You are receiving this newsletter as part of the COPD program. If you do not want to receive this newsletter or participate in the COPD program, please call the Disease Management department at 1-866-449-6828, ext. 155725.

## COPD and Your Family *(Continued)*

example, you might get a respiratory infection. Other challenges will happen every day. You might find it hard to get dressed, or you may need help doing tasks that used to be simple. Your role in the family may have changed.

These situations can make you feel panic, anxious, angry or depressed. Whatever you are feeling it is important to talk about it. Good communication is key. Together you can find a way to get through it. Have your family encourage you to do the following to help you deal with emotions:

- Get dressed every day.
- Get outside whenever possible.
- Keep up with hobbies you enjoy.
- Stay in touch with others.

- Join a COPD support group.
- Share your feelings.
- Stick to your treatment plan.

Take a team approach and divide up your responsibilities. This can help lower your stress level and help you take the lead in managing your illness. Another way to lower stress is to do a fun family activity. Find something that you all enjoy. Sharing time together can be relaxing and fulfilling.

Take charge of your COPD. Don't worry about asking for help. Getting the support you need is a smart way to manage your disease.

## Emergency Preparations — Your Oxygen and Medication

Part of good COPD management is knowing when your signs and symptoms are getting worse. Also, you should have an emergency plan.

Here is a list of early warning signs from National Jewish Medical and Research Center:

- An increase or decrease in the amount of sputum
- An increase in the thickness or stickiness of sputum
- A change in sputum color
- An increase in the severity of shortness of breath, cough and/or wheezing
- Ankle swelling
- Forgetfulness, confusion, slurring of speech and sleepiness
- Using more pillows or sleeping in a chair instead of a bed to avoid shortness of breath
- An unexplained increase or decrease in weight
- Increased feeling of fatigue and lack of energy
- Increasing morning headaches, dizzy spells, restlessness

### Call the doctor right away if:

- You have forgetfulness, confusion, slurring of speech or sleepiness during a respiratory infection

### Call within 6-8 hours if:

- Shortness of breath or wheezing does not stop or decrease with inhaled bronchodilator treatments one hour apart

### Call within 24 hours if:

- The change in sputum persists
- Ankle swelling lasts even after a night of sleeping with your feet up
- Fatigue lasts more than one day

Some things can make your symptoms worse.

- Do NOT take any extra does of theophylline
- Do NOT take codeine or any other cough suppressant
- Do NOT use over the counter nasal sprays for more than 3 days
- Do NOT increase the liter flow of prescribed oxygen
- Do NOT smoke
- Do NOT wait any longer than 24 hours to contact your doctor if symptoms continue

Call your doctor, or Molina's nurse advice line, if you have any questions. We are here for you.

