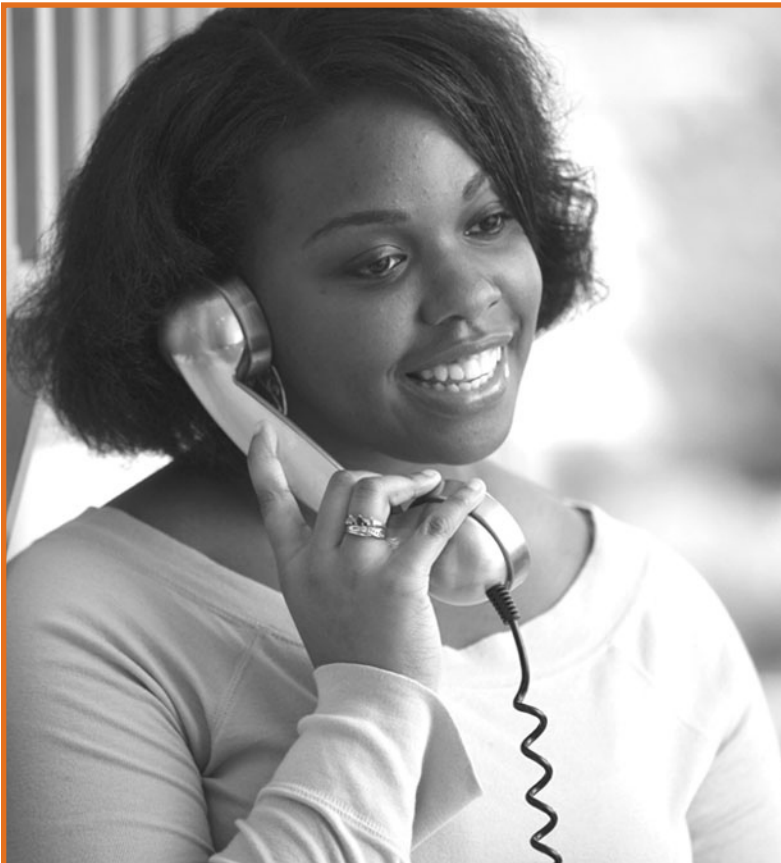




8801 Horizon Blvd NE
Albuquerque, NM 87190

Part# 1684Rev0508



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



Travel and Asthma

With a little extra planning, you can safely manage your asthma while traveling. Here are some ideas to keep in mind.

Before you go

See your doctor for a check up. Make sure that your asthma is under good control and that your action plan is current. Have him or her write you a prescription in case you need it while away.

Packing

Pack more medication than you think you will need. If you are traveling by airplane, make sure to keep your medicine and supplies in your carry on luggage. Take your peak flow meter and asthma action plan. Have your doctor's phone number handy. Bring your long-term and quick-relief medicine.

Your destination

Think about where you are going and what triggers your asthma. Climate can make a difference. Warm, humid places may mean more exposure to dust mites, mold and some pollen types. Cold, damp climates may mean more dust mites and indoor mold. Cold air in a dry climate can also be an irritant. High altitude can also be a concern. In this case, monitor your breathing during physical activity.

Other tips

- You might consider taking your own dust-proof pillow cover if dust mites are a problem.
- If you are traveling by car and you are allergic to pollen and mold, keep the windows closed and the air conditioner on.
- Tell your travel partner about your asthma and how to help you if you need it.

Overall, think about where you are going, where you will be staying and what you will be doing. It will help you plan effectively and make the most of your travels.

Smoking and Asthma Do Not Mix

Would you like help to stop smoking? Call Molina's Health Improvement Hotline at 1-800-377-9594 extension 182618 to get information about **Free and Clear**[®].

In This Issue

Travel and Asthma	pg 1
What Causes Asthma?	pg 2
Get Rid of Dust Mites	pg 2
Information for Kids	pg 3
Emergency Care When Traveling	pg 3
Nurse Advice Line	pg 4

Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at 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 1-800-580-2811. Your member handbook is also a good resource. You can find it on our website.

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What Causes Asthma?

Asthma is a chronic disease of the airways. It causes symptoms like wheezing, breathlessness, tightness in your chest, and a cough. The cause of asthma is a combination of heredity and the environment.

You are more likely to have asthma if other people in your family have it too. Also, there are many things in the environment that can bring on asthma symptoms.

The National Heart Lung Blood Institute gives these examples of asthma triggers:

Allergens

- Animal dander
- Dust mites
- Cockroaches
- Pollen from trees and grass
- Indoor or outdoor mold

Irritants

- Cigarette smoke
- Air pollution

Cold air

Strong odors from painting or cooking

Scented products

Strong emotions like stress or crying or laughing too hard

Others

Medicines like aspirin

Sulfites in dried fruit or wine

Acid reflux

Infections

Your body acts on these triggers in two ways. First, the airways might get narrower and get clogged with mucous. They get narrower because the muscles around them tighten. Next, they could get inflamed or swollen. This makes it hard for air to get into and out of your lungs.

Asthma attacks can be mild to severe. It is important to know what things make your asthma worse. That way, you can do your best to avoid them.

Spring Cleaning! Get Rid of Dust Mites

Did you know that each night when you crawl into bed there could be 100,000 to 10 million unwanted houseguests crawling in with you? Those guests are dust mites. Dust mites are a common trigger for people with asthma. They are so tiny that you cannot see them with the naked eye. Dust mites eat dead skin cells and nest in bedding, fabric, and carpet. They like to live in warm, humid environments.

Dust mites create a residue of feces and dead bodies. This mixes with dust and becomes airborne. The best way to prevent an asthma attack from a reaction to dust mites is to limit your exposure to them. This means cleaning regularly, especially your bedroom. You can't get rid of all dust mites, but you can reduce their number.

These steps from the Mayo clinic will minimize asthma symptoms caused by dust mites.

- Cover your mattress and pillows in dust-proof or allergen-impermeable covers.



- Keep the humidity low. Use a dehumidifier to keep humidity between 30% and 50%.
- Choose bedding made from synthetic materials rather than wool or down.
- Wash stuffed toys in hot water and dry thoroughly. Keep stuffed toys off the bed.
- Wash bedding weekly in hot water. Freeze non-washable bedding overnight in a chest freezer.
- Remove dust with a damp mop or rag.
- Vacuum regularly. Vacuum the carpet and fabric furniture. Have someone else do this and stay out of the room for 20 minutes.
- Cut down on clutter that collects dust.
- If you can, replace your carpet with tile, wood or linoleum.

You are receiving this newsletter as part of the Breathe with EaseSM program. If you do not want to receive this newsletter or participate in the Breathe with EaseSM program, please call the Molina Health Education Line at 1-866-891-2320.

Information for Kids



Being a kid and having asthma can be hard. It may cause you to miss school or limit certain activities that you like to do. You are not alone. Asthma is the most common chronic illness in children. Chronic means that it happens every day.

Asthma affects your airways. The tubes that carry air in and out of your lungs get smaller. This makes it hard for air to get in and out. Also, the inside of the airways are swollen. They can get clogged with mucous and make it hard to breathe.

You might have some of these symptoms:

- Coughing
- Wheezing
- Shortness of breath
- Chest congestion
- Chest tightness

Do you know what sets off your asthma? Some common triggers are:

- Cigarette smoke
- Exercise
- Cold air
- Dust mites
- Pet dander
- Pollen
- Mold
- Colds

If you know what makes your asthma worse, then you can do your best to avoid it.

You might take medicine for your asthma. It is important to take your medicine. It will help you feel better. It will keep your asthma in control so you can play and enjoy your favorite activities.

It is a good idea to have an asthma action plan. Ask your parent or guardian to help you create a plan. Your doctor can help too. If you have an asthma attack, the plan can help you get good care. Make sure that people like teachers and coaches get a copy of the plan.

Don't let your asthma get you down. Learn how to control it!

**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.