



## Traditional Medicine Can Keep You Healthy



Molina Healthcare of New Mexico, Inc. (Molina Healthcare) wants to give you quality care. We also value the rich culture of New Mexico. We are proud to be the first Salud health plan to offer culturally-specific benefits for our Native American Members.

The Traditional Medicine benefit helps Members use traditional healing services. We honor the Native American culture. Ceremony is used to be well and stay well. We value Member privacy when using this benefit and made the process easy.

The Traditional Medicine benefit can be used one (1) time per year. Native American Members may use a healer of his/her choice.

Molina Healthcare encourages Members to work with their Primary Care Practitioner (PCP) or doctor for their medical needs. This includes using traditional healing services. Working together will be good for your health and wellness. Your doctor should know about any herbs or treatment suggested by a traditional healer. This will ensure other medications you are taking do not cause harm.

For more information contact your Tribal Liaison toll free at 1-800-377-9594, extension 180302.

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## Need Help Quitting Smoking?

If you need help quitting, call Molina Healthcare's Health Improvement Hotline toll free at 1-800-377-9594, extension 182618.

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*You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program please let us know. Please call us at 1-866-891-2320.*

*All material in this newsletter is for information only. This does not replace your provider's advice.*

*Molina Healthcare services are funded in part under contract with the State of New Mexico.*

## Asthma: Timing Your Medication

Good asthma control means taking your medication correctly. There are two (2) main types of asthma medication. Quick-relief medicine is one (1) type. It acts fast to open up your airways. You should take your quick-relief medicine when you first begin to feel symptoms. Your doctor may want you to take this medicine fifteen (15) minutes before exercise. Carry your quick-relief inhaler with you all the time.

Long-term medicine is the second type. It is used to prevent asthma symptoms. These drugs ease swelling on the inside of your airways. One kind is an inhaled steroid. It is important to take this medicine even if you feel well. It works best when taken on a regular basis. You should rinse and gargle with water after each dose of inhaled steroids.

Consistent use of medications is key to symptom prevention. Take your preventive medicine every day. Try taking your medicine along with something you always do. This will help you to remember to take it.

Here is a list of ideas from the National Heart Lung and Blood Institute:

- Keep your medicine on the nightstand next to the bed;
- Take your medicine right after you brush your teeth;
- Put reminder notes in visible places like the bathroom mirror or front door;
- Place your medicine in a weekly pillbox;
- Set an alarm to beep and remind you to take your medicine; and
- Remember to refill your prescription. Order and pick up the next refill before the medicine is due to run out.

Knowing when and how to take your medication is important. It can make a difference in asthma control. Be sure to ask your doctor or nurse if you have questions.

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## Asthma Triggers: Secondhand Smoke

### **What Is Secondhand Smoke?**

Secondhand smoke is the exhaled smoke from a smoker's nose or mouth. It is also the smoke that comes from the end of a cigarette, cigar or pipe.

### **How Can Secondhand Smoke Trigger Asthma Attacks?**

Secondhand smoke irritates the inflamed airways of a person with asthma. This can cause an asthma attack. This happens more often in children because their airways are still growing. Children get high doses of secondhand smoke from family members who smoke.

### **How Can You Protect Yourself or Others From Secondhand Smoke?**

- Do not smoke or let others smoke in your house, car or near your children.

Molina Healthcare has a stop smoking program. Call the Health Improvement Hotline in Albuquerque at 1-505-342-4660, extension 182618 or toll free at 1-800-377-9594, extension 182618 outside Albuquerque for more information.

## Chronic Obstructive Pulmonary Disease (COPD)

### Staying on a Schedule with Your Medication

One great way to manage your COPD is to know what medicines you are taking and how they work. Staying on a schedule with your medication is important. There are many different types of COPD medication. They come in the form of pills, vapors, powders and liquids. What you are taking depends on your condition. Not everyone with COPD takes the same medication.

Take your medicine as prescribed. Try your best to take it at the same time every day. Never stop taking your medicine without talking to your doctor first. Always take your medicine, even if you feel good. The medicine is what is helping.

Get your prescriptions filled at the same pharmacy. Pick

them up before your medicine runs out. Talk to your doctor if you have trouble getting to the pharmacy or have financial concerns about your medicine. Do not take a smaller dose to save money. You must take a full dose in order for the medicine to work.

Here are some tips to remember to take your medicine:

- Take your medicine with other daily habits. For example, take them before you brush your teeth;
- Mark a calendar with a refill date;
- Set your alarm to remind you to take your medicine;
- Leave yourself a note on the bathroom mirror; and
- Keep your medicine in a place where you will see it.

Taking your medicine regularly can help you feel better. If you have questions, call your doctor.

## Asthma: Importance of controller medicines

Controller medicines are used to “control” your asthma. They are taken daily. They may take days or weeks to start working. Always take your daily dosage.

Controller medicines come in two (2) forms. One (1) form reduces swelling in the airways. The other form loosens the airways. It makes them wider. Controller medicines have a long term effect. Rescue medicines are another type of asthma medicine. This type is only used to ease asthma symptoms. They last just a short while.

Controller medicines keep your airways clear. They also reduce mucus in your lungs. Bronchodilators are one (1) type. They expand your airways for up to twelve (12) hours. But if you have frequent asthma symptoms, another type is preferred. This type is called corticosteroids. They can be taken through an inhaler. They have been proven to help keep your asthma in control. The risk of any side effects is minimal.

Remember, asthma is a disease that causes swelling. If your airways are inflamed a lot, asthma attacks come more easily. By using controller medicines, you can

make your airways clearer. It will then be harder for triggers to cause attacks. Controller medicines will reduce coughing. They will reduce the number of asthma attacks. They will help you get a better night's rest.

It is vital to keep your routine of taking controller medicines. You will not have the need for rescue medicines as much. You and your doctor can figure out which controller medicine is best for you.

You can call Molina Healthcare of New Mexico 24-hour Nurse Advice Line if you need help. Our nurses can answer your questions.

English: 1-888-275-8750

Spanish: 1-866-648-3537

UNM SCI Members call toll free at 1-877-725-2552

For the hearing impaired please call

TTY (English): 1-866-735-2929

TTY (Spanish): 1-866-833-4703



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## Questions about your health?

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**OPEN 24 HOURS!**

Your family's health is our priority!

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