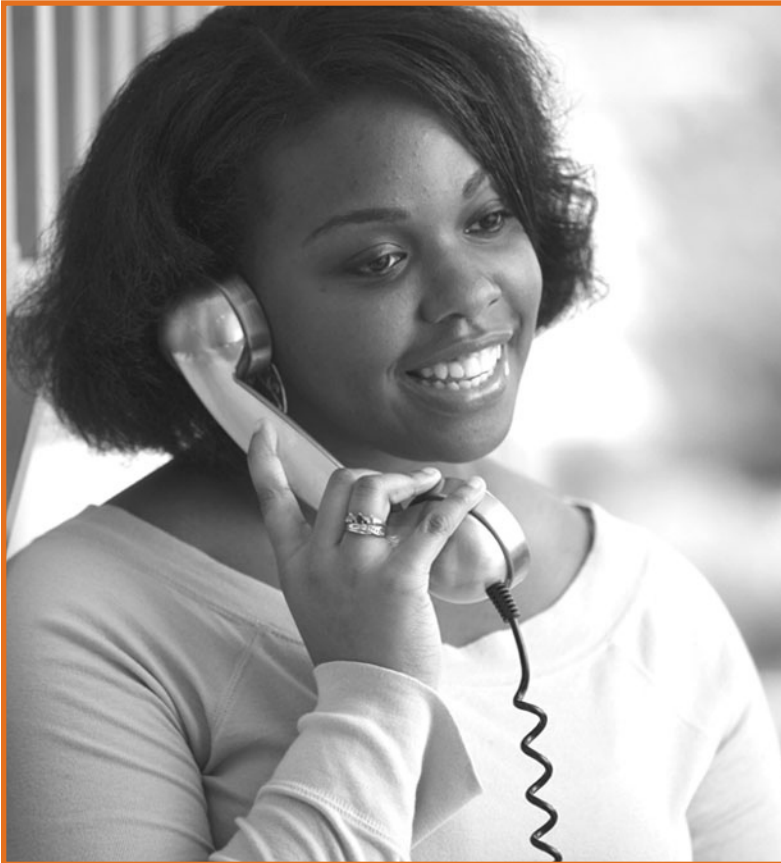




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Part# 2407Rev0508



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



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
- Emotions
- Exercise
- Pollen
- Pet dander
- Strong odors
- Illness, colds
- Tobacco or wood smoke
- 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.

Smoking and Asthma Do Not Mix

Would you like help to stop smoking? Call Molina Healthcare of Texas Health Education at 210-366-6500 x 203015.

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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 1-866-449-6849. Your member handbook is also a good resource. You can find it on our website.

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Keeping an Action Plan Handy

Your doctor can help you create an asthma action plan. Your asthma action plan can help you to manage your asthma and prevent asthma attacks. An asthma action plan is helpful in telling you what to do when you feel changes in the strictness of your symptoms and in your peak flow numbers. For instance, your asthma action plan might list your asthma triggers and some ways to avoid them. Your asthma action plan may also list routine asthma signs and what you should do if these signs occur. The asthma action plan gives you and your family ways that they can help you in the event that you feel an asthma crisis coming on. This plan can work for almost any one.



Asthma Action Plan Includes

- A list of asthma triggers and what to avoid
- A list of peak flow meter readings, that show your personal and best readings
- Your list of symptoms, such as coughing, wheezing, tightness, chest and shortness of breath
- List of medicine and dose to take on a daily basis
- The name and dose of quick-acting to take
- Emergency telephone numbers and location of urgent care
- How to contact your doctor and who to call if doctor is not available

Asthma action plans are often broken down into three zones on your peak meter: Green, yellow and red. Each zone will help your doctor handle your condition.

GREEN ZONE = No asthma signs

YELLOW ZONE = Signs may include coughing, wheezing and mild shortness of breath

RED ZONE = Urgent medical care. Asthma is more often, severe cough, wheezing shortness of breath wheezing, trouble walking, talking and breathing.

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.

**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.

ASTHMA Medicine

There are 2 kinds of asthma medicines: quick-relief and controller medicines. Some people with mild asthma only need quick-relief medicine. Other people who have asthma symptoms more often may need both kinds of asthma medicines.

Quick-relief medicine opens the airways fast and makes breathing easier. This medicine is used mainly to treat asthma attacks. It is taken as soon as you have symptoms or as often as your doctor tells you. If you have symptoms with exercise, your doctor may tell you to take this medicine about 10 minutes before sports or working out. Quick-relief medicine may also be known as **rescue medicine**.

Controller medicine prevents swelling of the airways. Over time it helps heal the airways making asthma attacks occur less often. If you wake at night from asthma or use your quick relief more than two times a week, you may need a controller. If you take a controller you take it every day, even if you feel fine. You keep taking the controller until your doctor tells you to stop. Controller medicine may also be known as **preventive medicine** and **long-term control medicine**.

GET THE MOST OUT OF YOUR INHALER!

- Always use a spacer with your metered-dose inhaler (MDI). A spacer is a holding chamber that attaches to your inhaler. It holds the spray or puff of medicine that is released from your inhaler. Spacers come in many different styles and shapes.

All spacers do the same thing. They hold the spray so it can be breathed in slowly. This helps more medicine get deep into the lungs where it can work best. A spacer can also lessen the bad taste of some medicines. If you or your child do not have a spacer, see your doctor. You can get a new spacer through your doctor every year.

FOLLOW THESE STEPS TO USE A SPACER WITH A METER DOSE INHALER:

1. Remove the cap from the inhaler's mouthpiece.
Remove the cap from the spacer's mouthpiece.
2. Attach the MDI to the spacer.
3. Shake the MDI well.
4. Breathe out all the way.

5. Place the mouthpiece of the spacer in your mouth between the teeth. Make a tight seal around the mouthpiece with your lips. Make sure that your tongue does not block the opening.
6. Press down on the canister to release a puff of medicine.
7. Breathe in slowly over 5 to 10 seconds.
8. Hold breath for 10 seconds and then exhale. Exhale into the room, not the spacer.
9. If you are supposed to take more than one puff, wait 1 to 2 minutes between puffs. Repeat steps 1 through 8.

- Use the dry powder inhaler (DPI) correctly. Some inhalers do not spray like the MDI. Some give the medicine in the form of dry powder such as Pulmicort. You do not use a spacer with a DPI. If you use a DPI, see your pharmacist or asthma educator to make sure that you are using your inhaler the right way. With a DPI you breathe in very fast and deep.
- Find out how much medicine is in each inhaler. Ask your doctor or pharmacist how many puffs are in a new inhaler. Keep track of the number of puffs or doses used. Do not go over the total number of puffs. A DPI has a counter on it. Ask where to look if you have a DPI. It is no longer recommended to float any inhaler in water to see if it still has medicine. Refill your prescription before you run out of medicine.
- Keep it clean. Rinse the mouthpiece from the MDI in warm running water. Clean the mouthpiece at least once a week. Always cover the mouthpiece with the cap when you are not using the inhaler. Wipe the DPI clean and keep it dry at all times.

Always take medicine as your doctor tells you. If you or your child has a dry hacking cough or wakes up at night from asthma, the asthma is not in good control. Tell your doctor. People with asthma die every year. You do not need to have severe asthma to be at risk of death from asthma. Keeping your asthma in good control is the best thing you can do for your health. It is important to follow the doctor's instructions on how and when to use asthma medicines

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 1-888-562-5442, ext. 203015.