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breathe with ease
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Appropriate use of Medication

Message to Members

You are receiving this 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 us at 1 (888) 483-0760.

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

ASTHMA is a disease in which the lining of the airways in your lungs become swollen. This makes it hard for air to get in and out. Your airways get narrower during an asthma attack. This causes signs like wheezing, coughing, tightness in your chest and trouble breathing.

Your doctor will decide on a treatment plan for your asthma. It is important to follow the plan. It is also important to use your medicine the right way.

Two basic types of asthma medications are quick-relief and long-term. Long-term medicines ease swelling on the inside of your airways. One type is an inhaled corticosteroid. It is important to take this medicine even if you feel well. It works best when taken on a regular basis. You should rinse, gargle and spit with water after each dose of inhaled steroids.

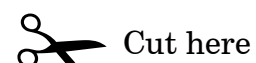
Quick-relief medicines are bronchodilators. They act fast to open up your airways. You should take your quick-relief medicine when you first begin to feel symptoms. Carry your quick-relief inhaler with you all the time.

Sometimes people use quick-relief medicines too much. Let your doctor know if you use more than one canister a month. Your treatment plan may need to change.

Smoking and Asthma

Do not Mix

If you need help quitting, join Molina's Smoke Free Program. Call 1-888-483-0760 ext. 170458 for free one-on-one help.



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



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Appropriate use of Medication continued...

There are three kinds of inhalers. These are metered dose, dry powder and nebulizers.

A spacer can help you use your metered dose inhaler the right way. A spacer is a tube that attaches to the inhaler. It holds the medicine long enough for you to inhale it. This way the medicine ends up in your lungs instead of on your tongue, throat or in the air.

Clean the metered dose inhaler and cap every day. Rinse them in warm, running water. Wash the mouthpiece twice a week. Use soap and warm water.

Dry powder inhalers are not like metered-dose inhalers. Each dry powder inhaler is not the same. Be sure to have your doctor show you how to use it.

A nebulizer lets you take your medication in the form of a mist. It is used mostly by children under age 5. This type of inhaler must be kept clean. A dirty nebulizer can cause infections.

Don't be afraid to ask your doctor how to use your inhaler. They will be glad you asked!

Asthma cannot be cured. With the help of your doctor and a little effort on your part, you can control your asthma and lead an active life.



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

Asthma

Contact with the flu is more serious in people with asthma. This can lead to pneumonia and acute respiratory disease. The flu vaccine is safe and helpful. All people who have asthma should have the flu shot as part of their routine care. It's also important to know that the flu shot cannot cause you to have the flu. Here are 5 facts that will help protect you and your family.

- Healthy adults may infect others from one day before symptoms develop and up to five days after getting sick.
- Washing your hands often will help protect you from germs.
- Drink plenty of water.
- Get plenty of rest to keep your body strong and energized.
- Cover your mouth and nose with a tissue when you cough or sneeze.



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.

