



7050 Union Park Center, Suite 200
Midvale, UT 84047-4171

COPD | NEWS

Chronic Obstructive Pulmonary Disease

Molina Healthcare



In This Issue

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	Page
Relaxation for Breathing	1
Relaxation continued.....	2
Flu Shot.....	2
Smoking Cessation	3
Medicine Wallet Card	3

Relaxation for Breathing

Chronic Obstructive Pulmonary Disease, or COPD, is a disease in which the airways in your lungs are blocked. This makes it hard for air to get in and out of your lungs. COPD includes emphysema and chronic bronchitis. Smoking is the most common cause of COPD.

There is not a cure for COPD, but there are some things that you can do to feel better if you have it. One thing you can do is controlled breathing. Relaxing your mind and body by using these exercises can help to reduce panic attacks, anxiety and tension. You don't need any fancy equipment, and the exercises can be done in your own home.

COPD International offers the following relaxation exercise:

- Lie down on a comfortable surface and place pillows under your head and knees.
- Relax.
- Take a slow, deep breath through your nose. Hold the breath for several seconds. Purse your lips (like you are whistling or kissing) and slowly exhale.
- Take another deep, slow breath through your nose. Hold your breath and pull your toes towards your head and tighten your leg muscles (no longer than a count to 3). Feel the tension. Purse your lips and exhale slowly while relaxing your legs.
- Take another deep slow breath through your nose. This time, while holding your breath, tighten your arm muscles. Purse your lips and exhale slowly while relaxing your arms.
- Take another breath through your nose. Hold your breath and lift up your head and tighten your neck muscles. Feel the tension. Purse your lips, exhale slowly and let your head rest back on the pillow.
- Lie still and enjoy the relaxed feeling. Repeat this technique throughout the day.

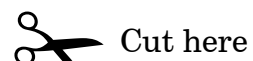
Message to Members

You are receiving this as part of the COPD program. If you do not want to receive this newsletter or participate in the COPD 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.

Smoking and COPD 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.



Medicine ordered by your doctor

Start Date	Name of Medicine	Dose (units, puffs, drops)	When do you take it? How many times per day, morning and night?	Purpose (Why you take it?)	Comments

Medical Conditions: Asthma Heart Disease Diabetes High Blood Pressure Other

Known Drug/Food Allergies: _____



Part# 1344Rev1107



Relaxation for Breathing continued...

Another method to try is called diaphragmatic breathing. This means that instead of using the rib cage muscles to inhale and exhale, you use your diaphragm. The diaphragm is a sheet of muscle between your chest and abdominal cavities.

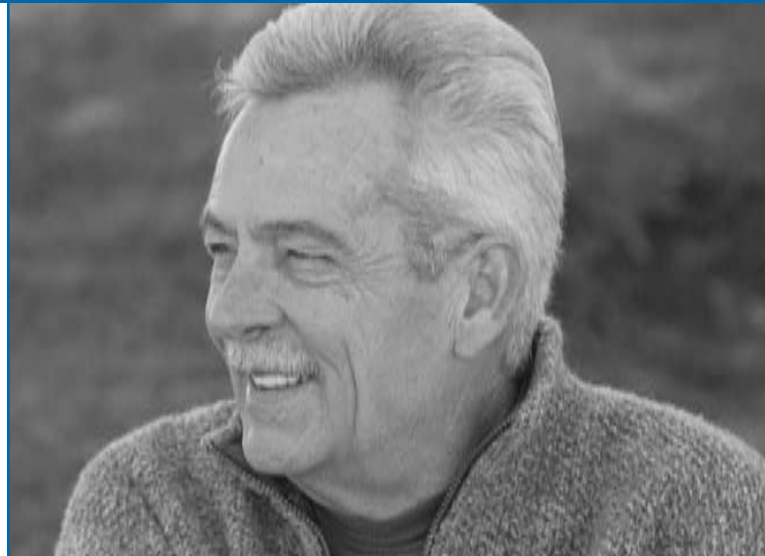
Try this exercise while lying down or standing up:

- Place one hand on your abdomen and breathe in. You should see your hand move up.
- Purse your lips and exhale. You should see your hand move down.
- Repeat.

Having COPD can be stressful. Using these breathing techniques while focusing on pleasant thoughts or listening to calming music can relieve some of that stress and give you a better sense of well being.

Flu Shot

THE FLU can cause serious problems for people with COPD. People with COPD are more likely to get the flu. Your flu symptoms will be worse and will take longer to get over than someone without COPD. If you have COPD you should get the flu shot every year. This is one of the best protections against the flu. The flu season usually last from October to May. To protect yourself you should get the flu shot early in the season.



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

Smoking Cessation

Chronic Obstructive Pulmonary Disease, or COPD, is a disease in which the airways in your lungs are affected. COPD includes emphysema and chronic bronchitis.

If you have COPD and you are a smoker, it is important for you to quit. Most COPD deaths are caused by smoking. Smoking causes cells in the lungs to make more mucus. Extra mucus clogs the airways. Smoking also causes the airways to become irritated and inflamed. Tiny air sacs in your lungs are destroyed when you smoke. This means less oxygen is delivered to your body.

The American Lung Association offers these tips for people who smoke who decide to quit:

- Don't try to quit when you are under a lot of stress or around a holiday.
- Be sure to get some exercise every day.
- Get plenty of sleep, eat a balanced diet and drink lots of water.
- Ask family and friends to help. Having someone to take a walk with or just listen can give a needed boost.

There is no cure for COPD, but there are things you can do to slow the damage. Quitting smoking can be hard, but it is one of the best things that you can do for your health. Be sure to talk to your doctor for extra help and support.



My Medicine List

Name _____

Date _____

My Doctor:

Phone: _____

My Pharmacy:

Phone: _____



My Medicine



www.molinahealthcare.com

It is often helpful to keep a list of all your medicines. We hope this card can be useful and can be carried in your wallet.

Fill in all the medicines you are taking. Review this card as your medicines change.

Over-the-Counter Medicines

Check if you are using any of these:

- Allergy relief
- Antacid
- Aspirin/other pain medicine
- Cough/cold medicine
- Diet pills
- Laxatives
- Vitamins/Minerals
- Herbs (please list name) _____

- Sleeping pills
- Other (please list name) _____

