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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!

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COPD | NEWS

Chronic Obstructive Pulmonary Disease

Molina Healthcare



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Message to Members

If you do not want the **COPD** newsletter sent to your home, just let us know. Please call **Molina Health Education** 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. 170432 for free one-on-one help.

Staying Healthy with a Chronic Condition

Everyone should have regular doctor visits to make sure they are in good health. Seeing the doctor is even more important for people with a chronic condition. A chronic condition is an illness that lasts for a long time. The doctor can help you manage your condition and reduce your risk for other health problems.

REMEMBER TO:

VISIT YOUR DOCTOR AT LEAST ONCE A YEAR. This is a perfect time to talk to your doctor about any concerns you may have.

KNOW YOUR NUMBERS. Your doctor will check your weight, blood pressure, cholesterol, and A1c (if you have diabetes). Work with your doctor to keep your numbers under control. This can help you prevent other health problems.

TAKE YOUR MEDICINE. Always take your medicine as ordered. Tell your doctor if your medicine does not make you feel well or you have any other side effects. Always talk with your doctor first before stopping any medicine. You and your doctor can find what works best for you to manage your condition.



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Staying Healthy with a Chronic Condition continued...

MAKE SURE YOUR SHOTS ARE UP-TO-DATE.

Adults need vaccines too! They help to protect you from deadly diseases. Ask your doctor what vaccines you may need.

ADOPT A HEALTHY LIFESTYLE. Include fresh fruits and vegetables in your diet every day.

Try whole grain foods such as 100% whole wheat

bread. Do not smoke, and limit your alcohol intake. Exercise daily. Talk with your doctor before starting any exercise program.

If you have not seen your doctor lately, give your doctor a call. Keep your body healthy and your chronic condition in control.



COPD and Nutrition

For people with a lung disease, such as emphysema and COPD, diet and nutrition are very important. A healthy diet can help you fight infections and prevent illness.

People who suffer from lung disease use a lot of energy to breathe. Some may use up to ten times the calories of a healthy person just trying to breathe. Proper nutrition helps to maintain the functions of the respiratory system and help with breathing.

DIET TIPS:

- Drink plenty of fluids. If you have a heart problem, check with your doctor.
- Limit your salt intake. Salt may keep fluids in your body. This may cause swelling and make breathing harder.
- Limit your intake of drinks with caffeine. Caffeine can interfere with some medicines. It may make you feel nervous.
- Avoid foods which may cause gas and bloating. These foods may include: apples, dried beans, broccoli, and cabbage.
- Eat 4 to 5 small healthy meals a day. Large meals can make you feel full. This may make it hard to breathe.
- Eat your main meal early in the day. You may have more energy during the day.
- Choose foods that are easy to fix. Make extra food and freeze it.
- If you use oxygen, use it during meals. Your body needs energy to eat and digest food

Eating a healthy diet can help you breathe better and feel better. Talk to your doctor about special diet needs.

