MOLINA HEALTHCARE

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MOLINA HEALTHCARE

www.molinahealthcare.com

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

In This Issue

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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 (800) 423-9899 extension 141428.

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, Molina Healthcare has a stop smoking program called Free and Clear. Call the Washington Tobacco Quit Line at **1-877-270-7867 Quit For Life.**

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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.

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 may use up to ten times the calories of a healthy person just to breathe. Proper nutrition helps to maintain the functions of the respiratory system and help with breathing.

HERE ARE SIX DIETARY TIPS TO HELP MANAGE YOUR COPD

- Limit your salt intake. Salt causes fluid to stay in your body. This may cause swelling and interfere with breathing.

- Limit your intake of caffeinated drinks. Caffeine can hinder the effect of some medicine. It can cause you to be restless or feel nervous.

- Try to avoid foods such as apples, beans, broccoli, and cabbage which can cause gas and bloating.

- Eat several small healthy meals. Large meals leave you feeling full and will make it harder for your lungs to expand.

- Be sure to use your oxygen during meals. Your body will need the oxygen during eating and digestion because those activities use energy.

- Eat your largest meal early in the day so you will have more energy throughout the day.