

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



Avoiding Respiratory Infections



People with COPD are more likely to get respiratory infections. To help avoid them, be sure you:

Get flu and pneumonia shots. You should have a flu shot every year, before the start of flu season. Ask your provider about pneumonia shots. Most people only need one in their lifetime.

Avoid contact with anyone who has a cold or the flu. Stay out of crowded places, when possible.

Practice good hand washing. Washing your hands often will help protect you from respiratory infections and other illnesses.

Watch for signs of a cold or flu. Call your provider right away if:

- You have a fever
- You have increased coughing
- You have yellow or green mucus from your nose or when you cough
- You are more tired than usual
- You are breathing harder

Your provider may have you take medicine to control these symptoms and help you feel better.

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.

In This Issue

Avoiding Respiratory Infections	pg 1
Eating the Right Foods	pg 2
Tips for Gaining Weight	pg 3
Stop Smoking	pg 3
Nurse Advice Line	pg 4

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 UM staff about a UM issue or question
- 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 1-800-869-7165. Your member handbook is also a good resource. You can find it on our website.

COPD News is developed by Molina Healthcare, Inc.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this publication is for information only. This does not replace your doctor's advice.

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

Eating the Right Foods Will Help You Feel Better

Food is fuel for your body. Eating healthy, well-planned meals can help you fight infections, avoid illnesses, and give you more energy.

Discuss your diet with your provider.

Your provider may suggest a high-protein, high-calorie diet. This will help you gain weight, increase your energy and build stronger muscles.

Eat 5-6 small meals a day instead of 3 large ones.

This will help prevent shortness of breath.

Eat foods from each of the five food groups every day.

The five food groups are:

- Bread, cereal, rice and pasta
- Vegetables
- Fruits
- Meat, poultry, fish, dried beans, eggs and nuts
- Milk, yogurt and cheese

Make extra food and freeze it.

This way, when you feel tired, you will not have to cook

Limit drinks with caffeine.

Caffeine may prevent some of your medicines from working and make you feel nervous. Caffeine is found in coffee, tea and most sodas.

Eat your main meal early in the day.

This will give you more energy to get through the day.

Drink plenty of fluids.

This will help keep mucus thin and make it easier to cough up. If you have heart failure, ask your provider before changing your fluid intake.

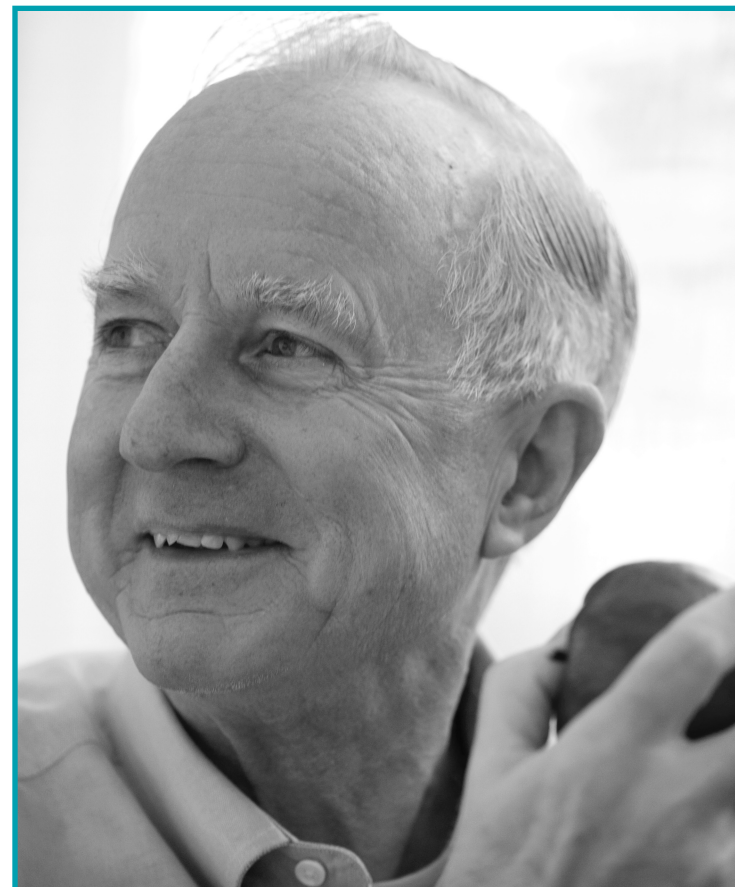
Learn to read food labels. By checking labels, you can find out which vitamins and minerals are in the foods you eat.

Eat foods high in potassium. Potassium helps the heart, nerves and muscles work well. Foods rich in potassium include bananas, oranges, dried apricots, raisins, sweet potatoes dried beans, peas, lentils, milk and yogurt.

Limit salt. Eating too much salt (sodium) can make your body hold fluid and make breathing harder. Choose foods with a daily value of 5% or less for sodium. Do not add salt to foods. Use herbs and spices to flavor food instead.

Choose foods that are easy to make. Remember that many pre-made foods are high in salt and sugar. Check the label first.

Avoid junk food. Foods like chips, candies or cakes have little or no health value.



Tips for Gaining Weight

If you are underweight you may feel weak and tired. People with COPD use more energy while breathing. Your breathing muscles may use up to ten times more calories than a person without COPD. You may need to gain weight in order to have enough energy to breathe. Try some of these high calorie recipes to help you gain the weight you need.

Super Shake

- 1 cup whole milk
- 1 cup ice cream, 1-2 scoops
- 1 package Instant Breakfast

Pour all ingredients into a blender. Mix well.

Makes one serving; 550 calories per serving.

Super Pudding

- 2 cups whole milk
- 2 tablespoons vegetable oil
- 1 package instant pudding
- ¾ cup nonfat dry milk powder

Blend milk and oil. Add pudding mix and mix well. Pour into dishes (1/2 cup servings)

Makes four ½ cup servings; 250 calories per serving.

Stop Smoking

If you have not quit smoking, do it now! It is the best thing you can do to live well with COPD. Quitting may also be the hardest thing you will ever do.

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies have shown each time you quit you will become stronger and learn more about what it takes for you to quit for good. Why not try Molina Healthcare's **Free and Clear**® stop smoking program to help you quit? There is no cost to Molina Healthcare members.

If you are a member and would like to enroll in the **Free and Clear**® program or have questions about the program, please call:

Washington Tobacco Quit Line –(877) 270-STOP or (877) 270-7867
 (877) 266-3863 (Spanish Line)
 (877) 777-6534 TTY for the hearing impaired

Molina Healthcare wants you to quit smoking for the sake of your health and your family's health.

You are receiving this as part of the COPD program. If you do not want to receive this newsletter or be in the COPD program, please call our Health Education Line at 1-800-423-9899, Ext. 141428.