



## Spirometry Testing



A spirometry test measures how well your lungs work after exercise, or breathing cold or dry air. It can often be done at the doctor's office and will help your doctor decide how to best help you.

The spirometry test only takes a short amount of time. It shows two important graphs. One shows the amount of air you can breathe in or out. The second shows the total amount of air your lungs can hold.

During the test, you will take a very deep breath in and then breathe out as hard as you can, for as long as you can. Your doctor may give you a soft nose clip so you breathe only from your mouth. You might take a quick breath in again. This is to see if there is anything blocking your breathing. You repeat the test three times to make sure it is right.

Your doctor can do this test to see how well a medicine is working. You do the test before taking your medicine. After taking the medicine, you do the test again. Then the doctor can see how well it worked.

### In This Issue

Spirometry Testing	pg 1
Spring Cleaning!	pg 2
What is Dyspnea?	pg 3
Smoking Cessation	pg 3
Nurse Advice Line	pg 4

## Need Help Quitting Smoking?

If you need help quitting, call the Free and Clear Program at 1-800-784-8669 for one-on-one help.

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*All material in this newsletter is for information only. This does not replace your provider's advice.*

## Spring Cleaning! Get Rid of Dust Mites



Did you know that each night when you crawl into bed there could be 100,000 to 10 million unwanted house guests crawling in with you? Those guests are dust mites. Dust mites are so tiny that you cannot see them with the naked eye. They eat dead skin cells and nest in bedding, fabric, and carpet. They like to live in warm, humid environments.

Dust mites are a common trigger for people with asthma. Dust mites create a residue of feces and dead bodies that mixes with dust and gets in the air. This mixture can cause an asthma attack.

The best way to prevent an asthma attack from dust mites is to limit your exposure to them. This means cleaning regularly, especially in your bedroom. You can't get rid of all dust mites, but you can reduce their number.

### **These steps will help decrease asthma symptoms caused by dust mites.**

- Cover your mattress and pillows in dust-proof or covers
- Keep the humidity low. Use a dehumidifier to keep humidity between 30% and 50%
- Choose bedding made from man-made materials instead of wool or down
- Wash stuffed toys in hot water and dry them thoroughly. Keep stuffed toys off the bed
- Wash bedding weekly in hot water. Freeze non-washable bedding overnight in a chest freezer
- Remove dust with a damp mop or rag
- Vacuum often. Vacuum the carpet and fabric furniture. Have someone else do this and stay out of the room for 20 minutes
- Cut down on clutter that collects dust
- If you can, replace your carpet with tile, wood or linoleum

## What is Dyspnea?

If you have COPD, you may have heard of “dyspnea.” Dyspnea (disp-nee-uh) means difficult, painful breathing, or a feeling of shortness of breath. For people with COPD, dyspnea is caused by air that gets trapped in their lungs.

What can you do about dyspnea? One thing to do is pursed-lip breathing. That means before you exhale you purse your lips like you are going to whistle. Then, you let the air out slowly. This prevents air trapping. Exercise

helps with dyspnea because it keeps the muscles you use for breathing strong. Changing your diet can also help. For some people, eating fewer carbohydrates helps them breathe better.

If you have any questions about dyspnea, talk to your health care provider. Your provider can help you develop a treatment plan and inform you about medications to treat dyspnea.

## Smoking Cessation

Smoking is the largest preventable cause of illness and early death. It doesn't matter how old you are or how long you've smoked, it is important to quit. Quitting smoking reduces your risk of lung cancer, heart disease, stroke and lung diseases. The health benefits start as soon as you quit smoking!

- **After 20 minutes** your blood pressure starts to decrease
- **After 24 hours** your chance of having a heart attack is less
- **After 1 year** your risk of heart disease is decreased
- **After 5 to 15 years** your risk of stroke is reduced

There are many ways to quit smoking. You may even have to try different ways before you succeed, but don't get discouraged! The important thing is that you quit. Keep in mind that it's never too late – especially if you're living with a chronic disease.

### TIPS TO HELP YOU QUIT:

1. Admit the problem to yourself and those around you.
2. Keep track of when and why you smoke.
3. Set a quit date.
4. Limit the time you spend with people who smoke.
5. Write down the list of reasons to quit smoking. Keep that list with you to remind yourself of the reasons you want to quit.
6. Talk to your doctor about treatment options.
7. Call the Free and Clear Program at 1-800-784-8669 for information on how Molina Healthcare can help you to quit.





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## Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750

1-866-648-3537 Spanish

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing impaired please call

TTY/1-866-735-2929 English

TTY/1-866-833-4703 Spanish