



## Got Mold?

Many people suffer from allergy symptoms caused by indoor allergens. Mold is one of many allergens that can be found in many households. Mold can cause health problems for all people. If you have asthma, it is important to stay away from mold. Mold can trigger an asthma attack.

### **MOLD CAN CAUSE:**

- Coughing
- Throat, eye, and skin problems
- Wheezing
- Breathing problems for people who have asthma

Indoor molds and mildew need dampness or moisture to grow. Indoor mold can be found anywhere in the house where there is a leak. It can also be found in rooms where there is a lot of moisture such as:

- Bathrooms
- Basements
- Kitchens

If you can control indoor moisture, you can prevent and manage indoor mold growth. If you have mold in your house get rid of it as soon as possible.

### **HOW TO REMOVE MOLD:**

1. Open windows and doors for fresh air before you start to clean up
2. Wear mask, gloves, and goggles while removing mold
3. Find the source of the moisture and fix it
4. Scrub mold off hard surfaces with soapy water or detergent and water. If needed, use 5% bleach. Do not mix bleach with other cleaners.
5. Dry the area completely.

If you have a lot of mold damage you may want to hire an expert in mold clean-up. If any clothing have mold wash them with soap and water. If moldy items cannot be cleaned and dried, throw them away.

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## Need Help Quitting Smoking?

If you need help quitting, call Molina Healthcare's Smoke Free Program. Call 1-866-891-2320 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.*

## Using a Peak Flow Meter

There are different ways to see how your asthma is doing. A peak flow meter can be a good tool for this. A peak flow meter is a hand-held device that measures the ability of your lungs to push out air. Using the readings on the peak flow meter, you can chart the severity of your asthma. This can help with adjusting your medicine.

A high peak flow meter reading means that your lungs are working well. You might be able to take less medicine. Talk to your provider about this. A low peak flow meter means your lungs are not working as well. You might need more medicine.

A peak flow meter can also be used during asthma attacks to see how you are breathing. It will not help the asthma attack go away. It can tell you when you need to call your provider.

There are other uses for the peak flow meter. It can help pinpoint what allergens cause your asthma. You can measure if your lung capacity is better or worse at work than when you are at home. If your results at work are

better, that could mean allergens at home are causing your asthma to flare up.

You should always write down your peak flow meter readings. It is a good idea to do three trials and write down the highest one. You do not have to do it every day. You should do it more if you feel your asthma acting up. Take a reading in the morning and in the evening around 8 a.m. and 8 p.m. Do it more often if you need to.

It is important to check around the same times each day. Then you know if your readings are affected by the same things. Chart your results when you feel healthy too. This will help you figure out when your readings are different. Then you will know if your asthma is getting worse.

Keep a record of your peak flow meter readings. This is important. Be sure you keep taking your medicines. This is what keeps the asthma in control. Keep your doctor informed. You can rest easy knowing you have things in control!



## Spirometry Testing

COPD means you have chronic bronchitis or emphysema, or a little bit of both. People with COPD have trouble breathing. A spirometry test measures breathing. It can often be done at the doctor's office. It tells the doctor how your lungs are working. It helps your doctor decide how to best help you.

A spirometry test is very short. 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 you can breathe in and out.

This is what happens during a test. You will take a very deep breath and then breathe out as hard as you can, for as long as you can. Your provider 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.

Spirometry is also used to check people with asthma. It measures how well your lungs work after exercise or breathing cold or dry air.

Your provider 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 your provider can see how well it worked.

Not all spirometers look the same. Not all are exactly alike. But they measure the same things and they will all help your provider make the best treatment decisions.

## Importance of a Healthy Weight

If you have Chronic Obstructive Pulmonary Disease, or COPD, it is important to keep a healthy weight and eat well. COPD is a lung disease that makes it hard to breathe. If you have COPD and you are over or under weight, it is even harder to breathe.

When you are overweight, your body needs more oxygen. This means your heart and lungs have to work very hard. This makes breathing even more difficult for someone with COPD.

People with COPD often lose weight too. This is because they use a lot of energy to breathe. Just to breathe, a person with COPD burns ten times the calories of other people. When you lose weight, you lose muscles. This includes the muscles that help you breathe. A healthy weight will help keep your breathing muscles strong.

Eating well also gives you more energy. If you have COPD, you need more energy to breathe than a healthy person. With proper nutrition you will feel less tired and have more energy for daily activities. This will also help your body fight off infections and prevent illnesses.

There are things you can do to make sure you keep a healthy weight. You should talk to your doctor about what a healthy weight is for you. Always talk to your doctor before you change your diet.

Once you know what your healthy weight is, you should weigh yourself. Aim for the weight your doctor tells you to maintain. Do this once or twice a week, or as often as your doctor tells you to. Contact your doctor if you gain or lose 2 pounds in one day, or 5 pounds in one week. We are here to help!



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## Questions about your health?

Call Our Nurse Advice Line!

English: 1-888-275-8750

Spanish: 1-866-648-3537

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing impaired please call

TTY (English): 1-866-735-2929

TTY (Spanish): 1-866-833-4703

or 711