



Getting Rid of Mold

There are many types of molds. Molds will not grow without water or moisture. They can be found indoors and outdoors. Mold spores are very tiny and lightweight which makes it easy for them to travel through the air.

Mold can cause health problems for all people. It is important to stay away from mold if you have asthma. It could trigger an asthma attack.

Mold can cause:

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

You can prevent and manage indoor mold growth by controlling indoor moisture. The basic rule is if you can see or smell mold, then take steps to remove the mold from your home and get rid of the excess moisture

How to remove mold:

1. Wear mask, gloves and goggles while removing mold
2. Open windows and doors for fresh air before you start to clean up
3. Try to determine the source of the moisture and fix it.
4. Scrub mold off hard surfaces with hot soapy water.
5. Allow to dry
6. Rinse with clean water and dry quickly
7. Bag and get rid of any items that have mold on them such as rags, paper, leaves, etc. For others wash in hot soapy water.

If you have a lot of mold damage, you may want to hire an expert in mold clean-up.

Note to Renters:

You should report all plumbing leaks and moisture problems to your building manager right away. If you keep having water problems that are not being taken care of, you may want to call your local or state federal housing authorities.

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- **Need Help to Quit Smoking?**
Molina members can take part in a quit smoking Program. It is free to Molina members. Call our Health Education Team at 1-866-472-9483.
- **Need Help Losing Weight?**
Molina members can enroll in a weight loss program. It is free to you. To join, call our Health Education Team at 1-866-472-9483.
- **Do you speak a language other than English?**
You have a right to an interpreter (including sign language). There is no cost to you. Please call our Member Services department, 1-888-665-4621 (TTY/TDD 1-800-479-3310), Monday – Friday, 7:00 am – 7:00pm for more information.
- All material in this newsletter is for information only. This does not replace your doctor's advice.
- To get this information in other languages and accessible formats (Braille, Audio and Large Font) please call member services at 1-888-665-4621.

Using a Peak Flow Meter

There are different ways to monitor your asthma. A peak flow meter can be a good tool to assist you. 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.

You can also use the peak flow meter to 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. A peak flow meter can also be used during asthma attacks to see how you are breathing. It won't help the asthma attack go away, but can tell you when you need to call your provider.

You should always keep a record of your peak flow meter readings. It is a good idea to do three trials and write down the highest one. 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'll know if your asthma is getting worse.

A high peak flow meter reading means that your lungs are working well. You might be able to take less medicine. A low peak flow meter reading means your lungs are not working as well. You might need more medicine. Make sure to consult your provider before making any changes.

Keep a record of your peak flow meter readings. Make sure to share this information with your provider. This is important. Be sure you keep taking your medicines. This is what keeps the asthma in control. Keep your provider informed. You can rest easy knowing you have things in control.





Steps to take when You Have an Asthma Attack

Having an asthma attack can be scary. It is important to have an action plan and know what steps to take when it happens. That way, you will be prepared and will know how to best care for yourself or your child.

Follow these steps:

- Recognize and keep track of triggers.
- Remove yourself or loved ones from situations where triggers are present. Reduce the exposure to the thing that is causing the asthma flare up or attack.
- Use your peak flow meter. If the reading is less than half of your best value, you are having a severe attack.
- Evaluate the severity of the attack. Is the asthma attack mild or severe? If the attack is severe, seek help. Keep your provider's phone number with you. Remember, you can always get emergency help by dialing 911.
- If the attack is mild, use your quick-relief inhaler. This is your rescue medicine that should be taken only when you are having an attack. This will help open up the airways right away. In addition, your provider may want you to take your daily medicine. This will help with the swelling on the inside of your airways. This is a daily medicine that helps keep your asthma under control.

Keep your action plan handy. Know the steps listed on your action plan. This will help you be prepared when you have an attack. If you do not have an asthma action plan ask your provider for one. Be informed about your asthma. Knowing what to do can help keep your asthma under control. It could even save your life.

Importance of a Healthy Weight

Chronic Obstructive Pulmonary Disease, or COPD, is a lung disease that makes it hard to breathe. If you have COPD, it is important to keep a healthy weight and eat well. 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. This happens because they use a lot of energy to breathe. Just to breathe, a person with COPD burns 10 times the calories of the average person without COPD. When you lose weight, you can lose muscles including muscles

that help you breathe. A healthy weight will help keep your breathing muscles strong.

Eating well 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. It can also prevent illnesses. Be sure to talk with your provider before you make changes to your diet.

Talk to your provider about what a healthy weight is for you. Weigh yourself once or twice a week, or as often as your provider tells you to. Contact your provider if you gain or lose two pounds in one day or five pounds in one week.



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 provider's office. It tells the provider how your lungs are working. It helps your provider decide how to best help you.

A spirometry test is very short and simple. 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. When you take this test, it will give your doctors 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.

Spirometry is also used to check people with asthma. It measures how well the 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 all measure the same things and they will all help your provider make the best treatment decisions for you.

Quit for Good

If you have not quit smoking, do it now! It is not too late to improve your quality of life and slow the progress of lung disease. It is the best thing you can do to live well with Diabetes and Heart Disease. Quitting may be the hardest, but the most rewarding, 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. Molina Healthcare offers programs that can help you quit? There is no cost to Molina Healthcare members.

If you would like information on a program to help you stop smoking, call: 1-800-526-8196, Ext. 127532.





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OPEN 24 HOURS!

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