

Fall 2015 Asthma and COPD Awareness

Molina Breathe with Ease[®] and Chronic Obstructive Pulmonary Disease

Control Your Asthma

What is asthma?

Asthma is a chronic disease that affects the airways in your lungs. When you have an asthma attack, your airways swell. This makes it hard to breathe.

What are the symptoms of an asthma attack?

- Coughing
- Wheezing
- Shortness of breath
- Tightness or pain in your chest

What is an asthma trigger?

An asthma trigger causes your airways to swell. Check the items that trigger your asthma symptoms:

- | | |
|---|--|
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Pet dander |
| <input type="checkbox"/> Illness, colds | <input type="checkbox"/> Certain foods: _____ |
| <input type="checkbox"/> Dust | <input type="checkbox"/> Tobacco or wood smoke |
| <input type="checkbox"/> Pollen | <input type="checkbox"/> Strong odors |
| <input type="checkbox"/> Emotions | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Mold/Mildew | |

Most people with asthma should take a **controller medicine**. It helps prevent asthma symptoms. You need to take it each day. A **rescue medicine** is for sudden asthma symptom relief. Talk to your provider about any medicine you take and how a controller medicine can help you.

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This newsletter is part of a Health Management Program. If you do not want to be a part of this Program, please let us know. Call us toll free at (866) 891-2320.

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

The newsletter is on our website at www.MolinaHealthcare.com.

To get this information in your preferred language and/or accessible format, please call Member Services. The number is on the back of your Member ID card.

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Safe Exercise with COPD

If you have Chronic Obstructive Pulmonary Disease (COPD), exercise can help your body use oxygen better.

Try to do these exercises at least three times per week:

- **Aerobic exercise** is best for your general health. It is good for your heart and lungs. Aerobic exercise makes your heart beat faster and causes you to breathe more deeply. Examples of this exercise include:
 - Brisk walking
 - Bicycling
 - Dancing
 - Swimming
- **Strength building** includes weight lifting and balance exercises. Weight lifting will make your muscles stronger. Balance exercises will strengthen leg muscles and help prevent falls.
- **Stretching** can help you relax and make you more flexible. Stretch before and after any exercise.

Talk to your provider before starting your exercise program. Your provider may ask you to use your inhaler before exercising.



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Prevent the Flu

The **single best way to prevent seasonal flu is to get a flu shot** each year. As a Molina Healthcare member, you can receive your seasonal flu shot for free. Many pharmacies offer the flu shot for adult members. You can also ask your provider.

Flu season usually starts in October. Follow good health habits. Help stop the spread of germs and prevent illnesses like the flu.

1. Avoid close contact with others who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose when you cough or sneeze.
4. Wash your hands often with soap and water.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits. Get plenty of sleep, eat healthy foods, and manage your stress.





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**Health or wellness or
prevention information**



Questions about Your Health?

**Call Our 24-Hour Nurse
Advice Line!**

English: (888) 275-8750

Spanish: (866) 648-3537

Your health is our priority!

For the deaf and hard of hearing, please
call TTY (English and Spanish): 711

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Your Extended Family.