



Got Mold?

Many people suffer from allergy symptoms caused by indoor allergens. Mold is one (1) 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; and
- 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 water leak. It can also be found in rooms where there is a lot of moisture such as:

- Bathrooms;
- Basements; and
- 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:

- Find the source of the moisture and fix it;
- Wear mask, gloves, and goggles while removing mold;
- Open windows and doors for fresh air before you start to clean up;
- Scrub mold off hard surfaces with soapy water or detergent and water. If needed, use 5% bleach with water. Do not mix bleach with other cleaners; and
- 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 on them, wash them with soap and water. If moldy items cannot be cleaned and dried, throw them away.

In This Issue

Got Mold?	pg 1
When You Have an Asthma Attack	pg 2
Using a Peak Flow Meter	pg 3
Asthma Allies is Helping New Mexico Breathe Easy	pg 3
Importance of a Healthy Weight	pg 4
Spirometry Testing	pg 5
“Drake the Dragon” Asthma Program	pg 5
Nurse Advice Line	pg 6

Need Help Quitting Smoking?

If you need help quitting, call Molina Healthcare’s Health Improvement Hotline toll free at (800) 377-9594, extension 182618.

You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program please let us know. Please call us at (866) 891-2320.

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

Molina Healthcare services are funded in part under contract with the State of New Mexico.

Los servicios de Molina Healthcare están financiados en parte bajo contrato con el estado de Nuevo México.



When You Have an Attack

Having an asthma attack can be scary. It is important to have an Asthma Action Plan and know what steps to take. An Asthma Action Plan will help you be prepared and know how to best care for yourself or your child.

Follow these steps:

- Get away from the asthma trigger. Reduce the exposure to the thing that is causing the asthma flare up or attack;
- Evaluate the severity of the attack. Is the asthma attack mild or severe? If the attack is severe, look for these signs:
 - ▶ Difficulty walking due to shortness of breath; and/or
 - ▶ Difficulty talking due to shortness of breath.
- Use your peak flow meter. If the reading is less than half of your best value, you are having a severe attack;
- Next, use your quick-relief inhaler. This will help open up the airways. In addition, your doctor may want you to take your daily medicine. This will help with the swelling on the inside of your airways. This medicine is a long-term medicine so you will not feel its effects right away. Keep taking the medicine even if you start to feel better; and
- Lastly, know when to call for help. If following the Asthma Action Plan does not help with the symptoms, get help right away. Keep your doctor's telephone number with you. Remember, you can always get emergency help by dialing 911.

Keep your Asthma Action Plan handy. Know the steps listed on your Asthma Action Plan. This will help you be prepared when you have an asthma attack. If you do not have an Asthma Action Plan ask your doctor for one. You can also call the Health Improvement Hotline toll free at (800) 377-9594 ext 182618 to have one sent to you.

Be informed about your asthma. Knowing what to do can help keep your asthma under control. It could save your life.

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 doctor 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 doctor.

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 (3) 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 8:00 a.m. and 8:00 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. This will help you figure out when your readings are different. Then you'll 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.

Asthma Allies is Helping New Mexico Breathe Easy

Asthma Allies is New Mexico's best resource for asthma education. Based in Albuquerque, the team at Asthma Allies strives to improve each patient's quality of life by teaching them the skills and techniques needed to manage their asthma. This specialized training is a great resource for not only the patients, but also for their families. Families receive the asthma education as well. Asthma Allies also takes a community-based approach to their training. They work with schools to bring asthma awareness and recognition to students and teachers. Many healthcare providers also benefit from Asthma Allies education process.

Molina Healthcare Members can self refer to the program to learn more about how to manage asthma. By learning more with Asthma Allies and working with your healthcare team, you and/or your child's asthma can be under control.

For more information, contact Asthma Allies at (505) 217-3625.



Importance of a Healthy Weight

If you have Chronic Obstructive Pulmonary Disease (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 may often lose weight. This is because they use a lot of energy to breathe. Just to breathe, a person with COPD burns ten (10) 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 suggests that you maintain. Do this once (1) or twice (2) a week, or as often as your doctor tells you to. Contact your doctor if you gain or lose two (2) pounds in one (1) day, or five (5) pounds in one (1) week. We are here to help.



Spirometry Testing

Chronic Obstructive Pulmonary Disease (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.

Spirometry testing:

- Can be done at the doctor's office;
- Tells the doctor how your lungs are working;
- Helps your doctor decide how to best treat you; and
- Is very quick.

The test shows two (2) important graphs. One (1) shows the amount of air you can breathe in or out. The second (2nd) shows the total amount of air you can breathe in and out.

During a spirometry test:

- You will take a very deep breath and then breathe out as hard as you can;
- Your doctor may give you a soft nose clip so that you breathe only from your mouth;

- You may need to take another quick breath again. This is to see if there is anything blocking your breathing; and
- You repeat the test three (3) 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 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. Your doctor can then see how well it worked.

Not all spirometers look the same. Not all are exactly alike, but they measure the same things. They will all help your doctor make the best treatment decisions.

“Drake the Dragon” Asthma Program – Earn a \$20 Walmart Gift Card

Molina Healthcare of New Mexico, Inc. (Molina Healthcare) has an exciting asthma education program for children four (4) to fifteen (15) years of age and their families called “Drake the Dragon.” Parents and children will learn more about and properly manage asthma. The colorful “Drake the Dragon” booklet includes information about:

- How to use a peak flow meter;
- How to identify asthma triggers;
- How to correctly use asthma medication;
- The difference between a fast acting inhaler and long term medications; and
- Why an Asthma Action Plan is so important.

Children with asthma should work with their doctor for asthma care. Children and teens in the “Drake the Dragon” asthma program can earn a \$20 Walmart gift

card for completing important asthma care with their doctor including an Asthma Action Plan.

Visit the www.MolinaHealthcare.com website to download the NEW 2012 Asthma Rewards for Healthy Choices incentive coupon.





8801 Horizon Blvd NE
Albuquerque, NM 87190

5427DM0312



Questions about your health?

Call Our Nurse Advice Line!

English: (888) 275-8750

Spanish: (866) 648-3537

UNM SCI Members: (877) 725-2552

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY (English): (866) 735-2929

TTY (Spanish): (866) 833-4703